



The Sun

50¢

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Thursday, February 25, 1999

Western Palm Beach County's Hometown Newspaper Since 1923

Volume 76 / Number 6

South Bay election is March 9

By Debra Miller
Staff Reporter

John Wilson, 52, will face incumbent Clarissa Davis, 28, for the Group 2 seat on the South Bay City Commission.

Mr. Wilson, who lives at 250 SW 6th Avenue, says his love for the city is why he is seeking a position on the city commission.

"I love this city and its residents," said Mr. Wilson. "As your city commissioner, I will be your ears, your eyes, your voice and I will represent you, the residents of this city."

Mr. Wilson says if elected he will listen to the needs of the people and speak out for their rights.

He says because he has lived in South Bay for the last 32 years, he knows what the city needs and will do all he can to obtain those needs.

Mr. Wilson arrived in South Bay from Stillmore Georgia with his wife Aniesha and three sons, John Jr., Renard and Julian. He has two other sons Ronald, Michael and a daughter Pamela. He is a self-employed subcontractor.

tor.

He is also a member of the Concerned Citizens of South Bay, an organization of residents who are working to improve the city.

Mr. Wilson ran for the South Bay City Commission in 1996 against current Mayor Clarence Anthony.

Though he lost the race he has always been involved in local politics and feels he can make a difference in the city.

He fought against the placing of the new prison so close to a residential area in South Bay. He felt the prison would generate jobs and income to the city, but felt it should be placed in another location further away from residential homes.

"I felt it was too close to the residents' home and even though we lost the fight, we, as concerned citizens, felt that we should gain something in return by making Wackenhut give scholarships and help build a community center for our children and senior citizens," said Mr. Wilson.

Mr. Wilson believes the devel-



Esther Berry

opment of the community center will happen soon, but he doesn't want the city to stop there.

"I want to see a baseball park, an over-pass crossing US 27, for the safety of our children and I want companies that come into the city to build new buildings or to do work for the city to be required to hire local workers," Mr. Wilson said. "I am tired of the city allowing companies to come in, make all the money and take it back to their cities. This must stop and it must stop now!"

He said he is also concerned



John Wilson

with the roads and sidewalks in the city. He believes they should be better constructed so they do not have to be redone every few years.

"The roads and sidewalks are falling apart," Mr. Wilson said. "They ride like roller coasters and enough is enough."

Mr. Wilson said he believes it is time for new faces in city hall with fresh new ideas for the future of the city.

"Actions speak louder than words and around here that is all we have heard lately, words," Mr.



Basil Anderson

Wilson said. "Things are going to happen in this city and I want to be a part of it."

Mr. Wilson said he also wants to cut the red tape that it takes to get to your city commissioners.

"If I am elected to this office, I will make myself available to every resident. I am tired of a lot of talk and no action."

The election for the group 2 seat, which pays \$3,774 a year, will be held on Tuesday, March 9.

So far Mr. Wilson has raised \$337.12

See Election/Page 9

Sun spots

Pageant participants sought

The 1999 Afro Arts Festival pageant Committee is seeking young ladies to participate in this year's pageant. Interested girls are invited to attend a meeting at 5:30 p.m. on Wednesday evening, February 24 at Glade View Elementary School at 1100 S.W. Avenue G, Belle Glade. This will be a brief meeting to explain what to expect in this year's pageant. There are three levels of competition, Little Miss, Jr. Miss and Miss Afro Arts.

The pageant will be held Wednesday, March 17 at Lake Shore Middle School in the gymnasium.

Sen. Geller's aide to visit area

In an effort to be more responsive to the constituents in State Senate District 29, Senator Steven A. Geller's legislative aide will be in South Bay and Belle Glade on Monday, March 1.

Senator Geller's aide will be in South Bay at the city hall office from 9 a.m. to noon on March 1 and then at Belle Glade City Hall office from 2 to 5 p.m.

No appointments are necessary, however, if constituents would like to set up a specific time to discuss their concerns, please contact the district office in LaBelle at (941) 674-4870.

GED test offered

A test for the General Education Diploma will be given at Glades Central Community High School on March 2, 3, and 4 at 8:30 a.m. and 6 p.m.

Adults should register for the test in the school office before 6 p.m. on March 1. Cost of the test is \$40.

For more information, call 993-4404.

Special program

The South Bay Church of God will be hosting a Missionary and Rally Day program on Sunday, Feb. 28 at 3 p.m. at the church, located at 156 N.W. 9th Avenue, South Bay.

The guest speaker will be Sister Juanita Coddington from the North Dade Church of God in Miami.

The public is invited to attend. For more information call 996-6112.

Glades Youth Baseball sponsoring dinner

Members of Glades Youth Baseball are sponsoring a Baseball Day and Fundraising Barbecue on Saturday, March 6 from 11 a.m. to 2 p.m. at Mace Park.

Tickets are \$6 and can be purchased at the park or in advance by calling 396-6469. The dinner includes 1/2 a chicken dinner with the trimmings.

Mace Park is located behind Gove Elementary School on Avenue G, Belle Glade.

Parking ordinance has Belle Glade residents up in arms

By Brenda Bunting
Editor

Word of mouth and bright orange stickers brought over forty residents to Belle Glade City Hall for a special meeting Monday night to discuss a city ordinance they would like to see revoked.

What drew them to the meeting was when city officials placed orange stickers on field trucks, buses and semis in residential neighborhoods two weeks ago. The stickers said they had 30 days to either bring their trucks up to code (i.e. current tags, running condition.) or they would be in violation of a city ordinance. One 1967 zoning ordinance pro-

hibits parking of commercial vehicles on private property. Another ordinance allows the city to tow away any vehicle on private property if it has expired tags or is not in working condition.

Kenny Throop, administrator of Planning and Building, said the city had received complaints about neighbors doing mechanical work on their trucks in their yards. He said there have also been complaints about unsightly yards with several field trucks parked in one yard, grass growing up around non-working vehicles and some trucks up on blocks.

Mr. Throop said about 8 to 10

working vehicles in the city were also tagged for violation of the code prohibition commercial vehicle parking on private property.

He told those gathered that the meeting was a fact-finding meeting to get input and possible solutions to the problem.

"We're not going to go out and tow your vehicles in the next month," said Mr. Throop.

Store owner James Martin, whose business depends on the seasonal trucking industry, said, "It looks to me like somebody stirred the pot, since this has come back up. If someone has several trucks in their yard

See Ordinance/Page 9



Fifth grade students from Jim Wallace's science class at Wellington Elementary toured Roth Farms recently. The students were allowed to go into the fields and pick corn and other produce as well as eat roasted corn during their tour. Rick Roth and Tom Shuenamen from the Palm Beach County Extension Service served as tour guides for the event.

Lake Level
15.75 feet
above sea level
February 23, 1999

Pahokee woman dies in accident on "Dead Man's Curve"

Pahokee resident Barbara Spencer Swaby, 50, was pronounced dead at the scene Sunday, Feb. 20 after a tractor-trailer ran over her vehicle on State Road 15 at "Dead Man's Curve."

Palm Beach County sheriff's officials say the driver of the tractor-trailer, Stephen Ander-

son, 38, of Kissimmee, was southbound on SR 15 when he crossed the center line and struck a northbound vehicle. He then hit Ms. Swaby's car and it went under the tractor-trailer.

Two passengers in Ms. Swaby's car, Karen and Felicia Bands, of 3073 El Dorado Drive,

Pahokee, were treated at Glades General Hospital and released.

Ulysses Thompson, 29, of Belle Glade, who was in the first car struck by Anderson, was treated for minor injuries and released.

Police have not said whether charges are pending.

Changes to be made to campground regulations

By Debra Miller
Staff Reporter

The Pahokee City Commission has decided to revise the rules and regulations of the Pahokee Campground to include a clause that will allow campers to only stay at the campground for six months within a 12 month period.

Controversy over the length of stay began a few weeks ago when several campers asked the city to extend their stay at the campground which brought out several residents who asked the commission to make the campers leave after six months because of fears of the campground turning into a trailer park.

The State of Florida owns the campground but leases it to the city. They made up the original rules of the campground but no revision was made that says the campers must move out and stay out, only that they must

move out of the campground after six months.

The city commission held a workshop meeting last Tuesday night (Feb. 16) in order to receive some input from residents and were told by residents and other campers that six months within a 12 month period was an appropriate amount of time for campers to stay at the campground.

Vice Mayor Roy Singletary told the commission he still would like to see an emergency clause placed in the regulations that would allow campers to stay on at the campground if an emergency should arise.

However, City Attorney Michael Stauder told the commission that could cause more problems because what one person would consider an emergency someone else may not.

City Manager Ken Schenck will write up a proposal concerning the regulations and present it to the commission within the next few weeks.



MEMBERS OF WOMEN INVOLVED IN FARM ECONOMICS participated in hosting Washington Congressional Aides last week. Seventeen aides from various states were brought to the Glades by U.S. Sugar, the Sugar Cane Growers Cooperative and the Florida Sugar Cane League. Shown above are just some of the members of WIFE who made homemade desserts for one of the functions. From left are: Everglades WIFE President Brenda Bunting, Hilda Gray, Vice President Mary Orenigo, Recording Secretary Marianne Bishop, Vice President of U.S. Sugar's Citrus Processing Tris Chapman, and Caroline Pope.

Good Intentions Are Not Enough! Elect John E. Wilson for City Commissioner Punch #186

Greetings, Citizens of South Bay... I need your Vote!

I want to see a Basketball Park, an over-pass crossing Highway 37 for safety purposes for our children. I want any company that is doing work in the city to give our people first choice to work on these jobs. I am tired of the city allowing companies to come in, and make all the money and take it back to their cities. The city is spending thousands of dollars on roads and sidewalks which do not last but five years before they ride like roller coasters, and the sidewalks falling apart. Enough is enough! It must stop and it must stop now!

We have too many water meters covered up with dirt; we need a better way of reading the meters. We would like to see the Bank of Belle Glade to install an ATM. We have citizens that do not have transportation to go to Belle Glade to an ATM machine. We need one yesterday.

I love this city, and I love the citizens of South Bay and as your City Commissioner, I will be your ears, I will be your eyes, I will be your voice and represent you. You will have someone who will hear your needs, see your problems, and speak out for your rights!

A voice for the people,

John E. Wilson
Paid Political Advertisement
Filed for by John E. Wilson's Campaign

"A Strong Voice for All the People."

Glades residents to participate in panel discussion

In celebration of Black History Month, Pratt & Whitney has chosen four Glades area residents to participate in a panel discussion that will take place on Feb. 24. The panelists have all been recognized as "Men Who Make A Difference" through their significant influence with youth in their community. Each panelist will share personal and professional experiences that have helped shape their lives.

Participants from the Glades include Michael Jackson, city manager of South Bay; Kenneth Jackson Jr., director of Street Beat, Inc.; Lester Finney, entrepreneur and community activist; and "Mr. Football", a title given to the state's top high school football player, Anquan Boldin from Pahokee High School. Rounding out the panel will be Benny Ambush, director of Florida Stage and Sam McHardy, Jr., educator and community volunteer.

Palm Beach County came close, but Alvin, Texas holds record for rain

By Mike Lyons

On July 31, 1979, Tropical Storm Claudette made landfall near Houston, Texas. The storm weakened quickly and was downgraded to a tropical depression by the National Hurricane Center.

Weaker but still formidable, Claudette sat over Alvin, Texas, a Houston suburb, for 24 consecutive hours. While the storm produced very little wind, it dropped copious amounts of rain.

The Houston office of the National Weather Service just happened to be located in Alvin, so we know exactly how much water fell from the storm. It turned out to be 43 inches, still a North American rainfall record.

I thought of Alvin, Texas and Tropical Depression Claudette following reports of heavy rainfall early last month in northern Palm Beach County. A rain gauge operated by the South Florida Water Management District recorded 31 inches of rain in a 9-hour period!

My first thought was that there was something wrong with the rain gauge. While heavy rain is as common as sunshine in Florida, 31 inches in 9 hours is a phenomenal amount of water in a very short period of time.

What's more, the rain gauge recorded 22 inches of water in just over 2 hours! You don't have to be a rocket scientist to understand that's an average of 11 inches per hour.

Surely that couldn't be accurate. The rain gauge must be



Mike Lyons

broken. After all, it is 22 inches in 2 hours even possible?

Well, 12 inches of rain fell in 42 minutes once in Holt, Missouri and a cloudburst in Mudoucaiding, Inner Mongolia reportedly dropped 15 inches of rain in 60 minutes.

Heavy rain in a short period of time is possible from what meteorologists call "training." Say a storm sweeps across northern Palm Beach County, then, a few minutes later, another storm follows. This cycle can repeat several times triggering torrential downpours.

The storms, like a train on a railroad track, keep moving over the same area. The result is heavy rain.

So, theoretically it could have happened. And if it did, that 22 inches in 2 hours would be a world record.

The National Weather Service in Miami was called in to confirm the claim. The first thing the investigators noticed was a discrepancy between the rain gauge and Doppler radar.

Today's sophisticated Doppler radar not only tracks thunderstorms, but can esti-

mate the amount of rain the storm produces. The Miami Doppler estimated 13-16 inches of rain had fallen in northern Palm Beach County. The Doppler radar at the Melbourne National Weather Service reported about the same. The world record wasn't looking too good.

Next, the investigators examined the rain gauge itself, a fairly new \$700 electronic device that, according to South Florida Water Management District officials, was one of "the most reliable gauges we have."

The tests on the gauge - including a thorough examination of the machine's internal electronics - proved inconclusive.

Officials were stumped. Then, a district staff member suggested placing a second rain gauge - actually an old wooden bucket - next to the electronic gauge and compare readings the next time it rained.

Guess what? The old bucket recorded about half the amount of rain that the pricey electronic gauge collected.

Case closed. The National Weather Service now believes 15 inches of rain, not 31 inches, fell during that first weekend in January. Certainly a tremendous amount of water, but no world record. Alvin, Texas will remain in the record book.

Mike Lyons is the Chief Weather forecaster for WPBF-TV.

Have you changed your address since the last election?

Voters who have moved since the last election and plan to vote in the March 9 election need to contact the Supervisor of Elections office. Florida law requires that you vote in the

precinct in which you live. If you have moved from the address listed on your Voter Registration Card you should fill in your new address on the back of your card and mail it to the

elections office, 301 North Olive Avenue, Room 105, West Palm Beach, FL 33401.

Anyone needing further information can call the Glades Office Building at 930-2650.

When it comes to getting what we need for our families in South Bay...

Esther Berry has a plan of action we should know about.

Esther Berry is a problem-solver with a plan of action on the issues that face the Glades community.

* Economic development.

As board chair of EDGE-Enterprise Development for Glades Entrepreneurs, Inc.

Esther Berry has helped promote the development of small businesses in the Glades as a viable economic base. During Berry's tenure, the Center has been awarded five loans - 70% from the Business Loan Fund of Palm Beach and 30% from local lenders - to create small businesses.

* Health care services.

Esther Berry has been a strong advocate for comprehensive and accessible health care services for the Glades community. As a member of the Governing Board of Glades Community Hospital and a member of the Western County Mental Health Board, she encourages the building of a community network of health care providers.

"As a community, we must assume greater responsibility for our own destiny... for our neighborhoods, our schools and our children, because our children are our future."

* Children, family and community.

Working with the Rosenwald Elementary School Advisory Council as its co-chair, Esther Berry has stressed the need for families and schools to work together, sharing the responsibility for educating our children. She has also participated in the Vision to Action strategic planning sessions, urging consensus-building to address the critical issues in our communities.

"My vision for the Glades community is that it will be the economic mecca of Palm Beach County for the year 2000."



BERRY
CITY COMMISSIONER GROUP 1

"Economic development in the Glades must be a partnership between business and people. Unless we work together, we simply can't make it happen."

Punch # 183

Pd. Pol. Adv. Paid for by Esther Berry Campaign.
Approved by Esther Berry, Group 1

Reflexology uses body's energy fields to detect problems

I recently wrote a column about reflexology. Those who practice reflexology claim they can ease problems in various parts of the body by applying pressure to the soles of the feet. It uses the same principles as acupuncture or acupressure. At the end of the column I expressed an interest in interviewing any doctors who practice reflexology so I could obtain more information.

This inspired an invitation from Dr. Edward Douglas of Okeechobee. Dr. Douglas, who is a chiropractor, holds classes on Contact Reflex Analysis—commonly known as CRA. CRA follows some of the same principals as reflexology.

According to Dr. Douglas, CRA is a safe and simple natural method of analyzing the body's structural, physical and nutritional needs. He said it is used to identify health problems and determine what nutritional therapy might be beneficial.

To analyze someone by using CRA,



By Katrina Elksen,
Contributing Editor

the practitioner has the person extend one arm. The doctor applies force to try to push the arm down while the person is to try to hold it straight. The

practitioner then touches various points on the body to disrupt the natural flow of energy. If the person's arm becomes weak and goes down easily, that shows a problem in the corresponding area.

I admit I was skeptical. It sounds a little strange. It looks even stranger. Watching other people being analyzed, I noticed that Dr. Douglas didn't even actually touch them most of the time. He put one hand close to but not quite touching the person, while applying pressure to their outstretched arm with the other hand.

Whenever their arm went down, he would make a note of what body part or function that point corresponded to.

So that I could make a fair judgment, Dr. Douglas asked if I would also be analyzed. In the

course of my career as a journalist I've done a lot of different things, including getting into a fence with a Florida panther and climbing on the back of a (tame) Brahman bull. Looking at a little silly with my arm sticking out at a nutrition class did not phase me.

I was more than a little surprised when CRA actually worked on me. While I was watching others be analyzed, I thought it could just be that the doctor already knew what was wrong with them and was applying more pressure at certain times. At the beginning of the seminar, we had been

asked to fill out a form and there were questions about health problems. The doctor's assistant had collected the forms and to my knowledge, Dr. Douglas hadn't reviewed them, although the possibility occurred to me. But I had left that part blank on my form, so there was no way for Dr. Douglas to know in advance whether or not I had a certain problem.

I was surprised to find his CRA analysis caught every health problem I was aware of. These ailments had been previously diagnosed through

Please see REFLEXOLOGY, page 14

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Are you threatened by high blood pressure?

(NAPSA)-Early diagnosis of high blood pressure can save lives. A new program, "Have a Heart: Help yourself and someone else," is designed to raise awareness of the dangers of high blood pressure, or hypertension, and treatment options.

The program, supported by Astra Pharmaceuticals, L.P., was kicked off with the unveiling of a national survey of volunteer blood donors that found that sixty percent of Americans with a diastolic blood pressure of 90 mmHg are unaware they have high blood pressure.

Experts at the National High Blood Pressure Education Program of the National Heart, Lung, and Blood Institute (NHLBI) say the greatest enemy in the fight against heart disease is complacency.

"For many, lack of awareness about high blood pressure has become a health crisis," said Edward Rocella, PhD, MPH, director of the NHLBI.

The number of people with high blood pressure who are being treated has increased from less than 20 percent 20 years ago to as high as 70 percent in some communities.

Athletes with hypertension are teaming up with the program to educate people about the health problem.

Ernie Banks, former Chicago Cubs shortstop, and Deacon Jones, former defensive end of the L.A. Rams, both of whom have hypertension, are working with the "Have a Heart" program in hopes of making an

Please see BLOOD PRESSURE, page 14

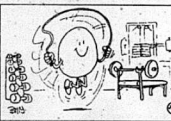
New national survey shows Americans want to exercise more, but they're "too tired"

(NAPSA)-Americans know the health benefits of regular exercise, but don't do it as much as they should, according to a new national survey from the Center for Sports Medicine at Penn State University and the American Egg Board. Over 70 percent of respondents cited "too tired" or "lack of energy" as key reasons they skip exercising.

Nationally renowned sports nutritionist, Kristine Clark, Ph.D., R.D., says there is a solution to this "fitness paradox": food. According to Dr. Clark, the Director of Sports Nutrition at The Pennsylvania State University, people don't always think of their diet as a reason they lack energy. Yet, she says, changing what you eat and when you eat could be the solution to meeting fitness goals.

"It's important to remember that energy = calories," explains Dr. Clark. "Whether you're a serious athlete or just trying to stay in shape, eating nutrient-rich foods such as eggs, whole grains, fruits, vegetables and low-fat dairy products can help fuel energy and give that extra push needed to get up and exercise."

For optimal energy, Dr. Clark recommends eating a 100-200 calorie snack that's rich in protein and carbohydrates, 60 minutes before exercising. Fol-



If you exercise in the morning: Try eating half a bagel with a slice of low-fat cheese or peanut butter on toast;

If you exercise at lunchtime: Plan a mid-morning snack of low-fat yogurt with fruit or a hard-cooked egg and orange juice;

Please see EXERCISE, page 14

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Raulerson Hospital

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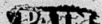
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OPINION PAGE

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Speak Out is our 24-hour opinion line.

Call 996-6636 to express your opinion or ask questions about public issues. You are not required to give your name. While we want you to speak out freely, the newspaper reserves the right to edit calls for clarity, brevity, relevance and fairness.

Pahokee resident has questions

"I'm a lifelong resident of the City of Pahokee.

I have a question. Whose silly idea was it to put those concrete, whatever they are, things in the middle of the street in Pahokee?

First of all, they impede business. In a place where there used to be four and five cars parked, now there are only two. One of them is in front of someone's front door. Makes you wonder why it was put there.

And another thing, you can't drive down the roads and you can't drink the water. Let's fix the infrastructure of Pahokee, by that I mean the roads and get some drinking water and water we can bathe in without smelling like we bathed in a canal before we start planting flowers all over town.

And I've heard a rumor from an employee of the city, that Bacom Point Road was going to turn back into a two lane road with a turning lane in the middle. That's about a stupid idea.

Let's get rid of some of these executives and get some thinking people in our city government.

Other than that, have a real nice day."

Editor's note: City Manager Ken Schenck said there are several issues in this Speak Out and it would take up too much room for him to respond. He would prefer to have the caller speak to him directly at 924-5534.

Give us some answers

"I'm calling in reference to the Pahokee Police Department in reference to the break in at Ken's Trailer Park. We need to find out what's going on.

People just go in and break into people's houses and we never hear if anyone is arrested. It has come to our attention that if it's a juvenile they have to let him go.

We need to find out what's going on. I hope to see this in the newspaper very soon."

Pahokee police officers above the law?

"I need to find out why police officers can go as fast as they want and we can't. Yesterday a Pahokee Police officer was going toward Pahokee in a 35-mile-an-hour speeding zone. He was going 50 and nothing is being done about this.

The rest of us, if we drive 36 or 37, we get pulled over and get a ticket. Does this mean just because they have a badge and a gun and

they are Pahokee Police Officers they are above the law?

I hope to see this in *The Sun* newspaper very soon."

All that glitters is not gold

"Thank you for allowing me to use Speak Out. I would first of all like to commend the Glades Central football team and coaching staff for a job well done.

I was informed that the football team would not be getting a gold ring, but a silver ring for winning the championship game. On the other hand, the coaches would be getting a gold ring.

If this is true, Dr. Grear, I ask a question. Did we not earn enough money to get each player and the coaches a gold ring? Don't you agree that the boys should be rewarded the best since they were the ones who received broken legs, arms, bruises, pain and sweat? Also, the coaches get paid to coach the team, so they can pay the difference for their gold rings, if they should not get the gold rings.

I strongly feel that every one of the players and coaches should receive a gold ring or all should receive a silver ring. Let us not show any favoritism for the exception of the players who will later move up from JV football and did not get any playing time.

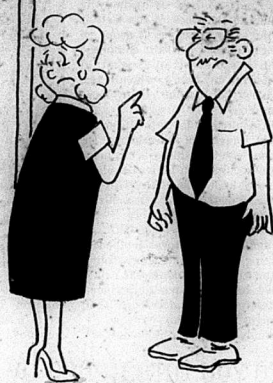
Dr. Grear, you have our support and we don't mind lending a helping hand. Please inform us what's going on.
Thank you."

Dr. Effie Grear, principal at Glades Central Community High School responds: "I sincerely appreciate the support given our football team this year and want to thank you for your article regarding championship rings. There seems to be a misleading conception that Glades Central makes a lot of money off their football games because of the large crowds.

I think our supporters need to know more about the financial side of our sports program in order to understand our present predicament. First of all, I would love to see our players and coaches receive gold rings, jackets and anything else to show our appreciation for their fantastic season. However, money is the key to making it happen.

During our regular season games, whatever funds are taken in have to support our minor sports programs, including gasoline mileage

Speak Out continues on Page 5



"MOM SAID TO TELL YOU SHE'S RUNNING A LITTLE LATE... THEY'LL BE OVER AS SOON AS DAD LEARNS ALL OF MOM'S SIGNALS."

Juvenile law clinic takes team approach to helping kids in trouble

By Jim Hellegard
University of Florida News

Children in danger of falling through the cracks in Florida's juvenile justice system now have a safety net in a unique advocacy program called Gator Teamchild at the University of Florida Levin College of Law.

Senior UF law students, under the supervision of licensed attorneys, collaborate with social workers to represent children in juvenile delinquency court on matters such as school expulsion and suspension, special education, public benefits and dependency.

Circuit Judge Martha Ann Lott has begun referring problematic cases to the clinic. This week, one of the cases in her 10-hour day of hearings was a teenage boy who has endured myriad problems in his short life, including felony delinquency charges when he ran away from his foster home in a desperate attempt to find his crack-addicted mother, whom he hadn't seen in two years. Lott calls the boy, now 17, "a prime and terrible example of how a kid can get lost in the system."

"Everything that could happen to make that kid's life a nightmare has happened," Lott said. "Because of how convoluted the cases were and because they've been going on for so long, it really took an independent lawyer to come up with some creative approaches to untangle this mess."

Enter Claudia Wright, clinical lecturer and director of Gator Teamchild, a recently launched juvenile law clinic at the UF College of Law. The clinic, one of seven at the college serving clients in north Central Florida, pairs UF law students with graduate students from the Florida State University School of Social Work as advocates for delinquent children.

"Without the law school's program, that child could not have any opportunity to save himself," Lott said.

UF law students enrolled in the clinic are certified by the Florida Supreme Court to practice law under the supervision of licensed attorneys. The clinic, which has an advisory board of

judges, lawyers and child advocates, accepts referrals from the public defender, guardian ad litem, the Florida Department of Juvenile Justice and other agencies.

"When a public defender gets a case in delinquency court and they identify that the child has one of other legal problems that need to be addressed, they can't do it because by statute they're limited to only representing the kids on their delinquency charges," said Wright, who worked in juvenile law for 20 years before coming to UF last year. "With Gator Teamchild, now they can refer those children to us."

For Craig Goodmark, who was enrolled in the clinic last semester, Gator Teamchild was an opportunity to gain practical experience in an area of law he intends to practice and help a group he feels has been "underrepresented in the eyes of the law."

"We work with runaways and kids who don't have a voice in the system," said Goodmark, one of 16 students enrolled in the clinic last semester. "And to be an advocate for somebody who doesn't have a voice is probably one of the most rewarding things you can do with your law degree."

Karen Keroack, Gainesville coordinator for the FSU social work program, said the students complement each other well in their team effort to help the children. "Each person can take on their role as an advocate for the client," she said. "The social work students can link people with resources in the community that the law students might not know about."

All of the cases Lott has referred to Gator Teamchild have been "genuinely unique," she said. And that's what is so important about the program. The state is prepared to address the "common cases," she said, through programs developed to address them. But those programs have to follow their own parameters and cannot fit the circumstances of every child.

What Gator Teamchild has done, she said, "is allow those cases that don't fit any governmental program to not just fall by the wayside, for those children not to be left out in the cold."

Looking back through time...



This coach and his players seem to be focused on the game. This photo is just one of many in the archives of *The Sun* newspaper dating back to the early 1970s.

The Sun

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- ✓ To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
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POSTMASTER:
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A SURPRISE PROMOTION...Sarah Nell Phillips was given a surprise party last week by First Community Bank's Board of Directors and fellow employees. Bank President Dale Morris announced Mrs. Phillips' promotion to Assistant Vice President at the meeting. Mrs. Phillips has been with the bank for 42 years, starting as a clerk and working her way up through the ranks to her current position. Mr. Morris said, "Sarah is very deserving of this promotion. She is a hard worker and an asset to the bank and we are very proud of her."

Sun Spots



Spaghetti dinner

"Sunny Italy" will come to Belle Glade on Friday, March 5. Members of the board of directors for the Dolly Hand Cultural Arts Center will be selling tickets for a spaghetti dinner at the center from 5 to 7 p.m. before the performance of the Ahn Trio.

Tickets are \$5 and can be purchased by calling Brenda Bunting at 996-4404 or the center at 992-6160. Dine in or take out is available. Proceeds will benefit the DHCAC.

Church to celebrate Men and Women Day

The Wesleyan Community Holiness Church family will celebrate their Annual Women & Men Day on the fifth Sunday, February 28. The Women's Day speaker will be Missionary Dorothy A. Poitier of the Church of God and Christ #2.

She will speak during the 11:30 a.m. service. Missionary Poitier is a Senior Public Assistant Specialist at the State of Florida, Department of Children and Family Services Glades area.

The Men's Day speaker will be Elder Harry Nelson of the Pentecostal Miracle Revival Church of Pahokee under the pastorate of Evangelist Delores Powell. Elder Nelson is also employed at a local dry cleaners establishment. He will speak at 3:30 p.m.

The pastor and congregation cordially invite the community to join them in either of their services.

Volunteers needed

The Belle Glade Branch Library needs adult volunteer tutors to assist elementary through high-school students with homework after school at

the Learning Center at the library. The Belle Glade Branch Library is located at 530 S. Main Street, Belle Glade.

To volunteer to help the children of our community please call 996-3453 for more information.

Volunteers needed

The Palm Beach County Senior Citizen Center is in need of volunteers willing to give a little time to others.

Some of the areas volunteers could be useful, according to Director Effie McNair include light housekeeping, wiping tables, dusting and vacuuming; bulletin board creators, construct the monthly birthday bulletin boards; an instructor for square dancing; an instructor to teach bridge playing.

If you are interested in any of the above activities, please call Ms. McNair at 996-4808.

SPEAK OUT/FROM PG. 4

to away games, as well as to pay officials for officiating. We also have to pay each security officer for their services on an hourly rate for football games as well as for our minor sports games at home. Funds from our home games also have to pay for reconditioning of football equipment during the spring, in order to be ready for the new season in August. This bill is always several thousand dollars, plus having to purchase a few new helmets and replace other unusable equipment from the previous year.

Athletics activities are expensive. We are fortunate to have the kind of fan support we have, which keeps our heads above water (most of the time). Another expense which will be with us for quite a while is the fact that the new school construction does not provide funds for the bleachers on the athletic field. We had to "borrow" \$250,000 to purchase the bleachers. We are making \$15,000 payments on that bill from football revenue each year, as well. I think we've done well with what revenue input we've had. And again, I thank our supporters for their attendance.

The Florida High School Association reimburses teams involved in the state playoffs for travel mileage on a set fee schedule. We have just received our travel check in the amount of \$6,100. From this, we had already spent over \$3,000 in overnight motel expenses and food for the team members while in Gainesville.

The project is now under way to solicit funds to purchase rings and jackets for the team and coaches. However, based on what we have done for previous state champions, we have always given the teams and their coaches the same symbol of appreciation. The team responded to the instructions of the coaches. Together, they had a fantastic season. This is a tribute to the Glades community.

If, in fact, as you have indicated, you are with Glades Central, I solicit your assistance in supporting our efforts to get the rings and jackets so our players and coaches so richly deserve. The Glades always looks out for their own and I hope this instance is going to be no different. The white gold rings

will cost approximately \$2200 each. Gold would cost twice that amount. Rings alone will cost almost \$20,000. The jackets will cost approximately \$100 each.

If only we had a "Fairy Godmother" (or "Father"), we could breathe a sigh of relief and know that our team and coaches were rewarded without a lot of "begging." I don't like begging, but when you have only the financial support of gate receipts from our games to depend on for such a magnificent project, we have to solicit community resources to come to our aid.

I would love to see everyone connected with the team awarded a gold ring and jacket. Until we have some financial support which indicates we can pay for it, I don't see how we can even provide the white gold.

If you are a true supporter, provide the funds and we'll gladly give the team and staff what they truly deserve. They have brought honor to the Glades and they need to be rewarded, but we are not financially able to "Go for the Gold" without community financial support.

Thanks for caring. It's great to know you are supporting us. I hope this response will bring forth some funds to prove it."

Caller agrees

"I agree with Miss Hutton up in Pahokee about campers should stay just six months in the campground. If not, it would be like Belle Glade. In the summertime we've got more full-time residents staying at the Belle Glade Campground than we've got campers.

What they should do is make all these people move out and find a place and pay like everybody else."

Responding to last week's Speak Out

"I don't know whether you will print this or not, but I had to call in to say this.

I just read this article about nepotism at city hall and I read the response from their city manager.

I feel like that's basically what's wrong with people today. Before they get the facts, they put their foot in their mouth.

This caller took the time to call or write a letter to *The Sun* about this Speak Out

message.

I feel this person should have done some investigation before they called. I also feel that if this caller was so concerned about the City of Pahokee, he should have been going to council meetings, but he didn't go.

I see where he accused one of the city commissioners of hiring his son and his nephew and the city manager responded by saying the city commissioners cannot hire anyone. That's his job.

Second opinion is where he or she stated that one of the directors was using a vehicle to go in and out of town and no one asked why. The city manager's response was he was authorized to use the vehicle by the city manager or the commissioners. That too tells me that he or she does not attend council meetings. So, what I'm saying is, before people talk, they should at least try to get the facts and put the facts in the paper instead of putting their personal opinion. Sometimes, personal opinions are not true and it comes back to bite the person who puts them there.

Now, I believe if this person would attend council meetings this person would have knowledge of what goes on in the city and when they complain they will know what they are talking about.

Thank you very much."

Leave them alone

"I'm appalled at the comments made in your Feb. 18, 1999 issue a Speak Out bashing two young men who sought positions with the city.

The city commissioner, I'm sure, had no control over who the city hired. If these two young men were selling drugs on the street corner I'm sure you would have had no complaints, but people like you have nothing better to do than verbally harass two young men who are trying to become dependable working citizens in their community.

If you have any concerns about the city commissioners, take it up with them, but please, leave these two young men who have found a job, alone.

I'm speaking to the person who called in about the city commissioner and his son and nephew in last week's issue of *Speak Out*.

Thank you."

Arrest Blotters

Editor's note: The police news on this page lists arrests, not convictions, unless otherwise stated. Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.

PAHOKEE

The Pahokee Police Department made 10 arrests the week of February 15-21.

Those arrested included:

February 15 - No arrests made.

February 16 - Jermaine Jones, 18, domestic battery; Anthony Brown, 35, felony retail theft.

February 17 - Juvenile, 16, contempt of court.

February 18 - Nelson Boyce, 28, domestic battery; Shawanna Denard, 23, domestic battery.

February 19 - Juvenile, 15, burglary.

February 20 - Gerardo Menchaca, 30, driving under the influence; Isaac Smith, 29, warrant for failure to appear.

February 21 - David Dottin, 47, warrant for failure to appear; Mellon Baker, 52, battery.

BELLE GLADE

The Belle Glade Police Department handled 668 complaints, worked 7 crime scenes and gave 16 traffic citations the week of February 15-21.

Those arrested included:

February 15 - Charles Henry Sheppard, 40, domestic battery; Willie Gene Blackmon, 37, felony retail theft and battery on a law enforcement officer; Antonio Wrancher, 28, failure to appear on charges of driving while license suspended or revoked; Juvenile, 17, battery.

February 16 - John Jordan, 32, burglary of a vessel; Stacy Williams, 28, failure to appear on charges of fraudulent use of credit cards; Gilbert Stokes, 21, violation of probation and resisting arrest without violence; Juvenile, 16, warrant for inciting a riot.

February 17 - Ronnie Oliver, 42, burglary of a business and petty theft; Tony Wayne Shultz, 39, burglary of a business and petty theft; Alexander Perkins, 20, home invasion with a firearm, battery on a person over 65 years of age, resisting arrest without violence.

February 18 - No arrests made.

February 19 - Tyrone Walker, 41, domestic battery; Juvenile, 16, burglary of an occupied structure and grand theft; Jose Macias, 24, possession of marijuana under 20 grams; Derby Richard, 19, possession of marijuana under 20 grams.

February 20 - Steven Smith, 26, battery on a law enforcement officer; William Kendall, 64, battery; Juvenile, 15, obstruction by a disguised person.

February 21 - Willie Nelson, 43, failure to appear on charges of burglary; Sonja Colbert, 37, warrant for sale of marijuana, possession of marijuana under 20 grams and possession of marijuana with intent to sell.

SOUTH BAY

The South Bay Police Department made 6 arrests the week of February 15-21.

Those arrested included:

February 15 - No arrests made.

February 16 - No arrests made.

February 17 - No arrests made.

February 18 - No arrests made.

February 19 - No arrests made.

February 20 - Juvenile, 15, battery; Juvenile, 16, battery.

February 21 - Florencio Reyes, 42, open container; Abelardo Castillo Perez, 31, open container violation; Fernando Guana, 61, open container violation; Gregorio Garcia, 35, open container violation.



Rosye A. Dixon

Crime Stoppers of Palm Beach County, Inc., is asking

citizens to help locate Rosye A. Dixon, who is wanted for violation of probation on charges of possession of cocaine with intent to sell and possession of heroin and marijuana. She is also wanted for failure to appear on charges of no prior drivers license.

Dixon is 5'2" tall, and weighs 110 pounds. She has black hair and brown eyes and her date of birth is November 27, 1971.

Her last known address was

1653 West 10th Street, Rivera Beach, Florida.

Her Social Security number is 261-55-1086 and her last occupation was as a cosmetologist. Her warrant was active as of February 16, 1999.

If you know the whereabouts of Rosye A. Dixon, or anyone involved in a serious crime, call Crime Stoppers at 1-800-458-8477. You can remain anonymous and still receive a cash reward if your tip leads to an arrest.

CRIME STOPPERS

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for 48 months.*



*Cash back from Ford.
Financing offer with approval from Ford Credit.



NASCAR This Week

ON THE SCHEDULE

■ If you've got a question or a comment, write:

NASCAR This Week
c/o The Gaston Gazette
2500 E. Franklin Blvd.
Gastonia, N.C. 28054

All Times Eastern

■ BGN, Sam's Town 300
4 p.m. • Saturday, March 6 • ESPN2

NHRA Arizona Nationals

Noon • Sunday, March 7 • TNN

Winston Cup Las Vegas 400

2:30 p.m. • Sunday, March 7 • ABC

1999 POINTS STANDINGS

WINSTON CUP	BUSCH	TRUCK (1998)
1. Mike Skinner, 315	Randy LaJoie, 345	Ron Hornaday, 4,072
2. Rusty Wallace, 286	Matt Kenseth, 326	Jack Sprague, 4,069
3. Kelli Schrader, 283	Jeff Burton, 318	Joe Ruttman, 3,674
4. Bobby Labonte, 260	Mike McLaughlin, 273	Jay Sauter, 3,672
5. Jeremy Mayfield, 263	Cassey Wood, 267	Tony Rarries, 3,596
6. Kenny Irwin, 259	Kevin Grubb, 262	Jimmy Hensley, 3,570
7. Michael Waltrip, 258	Elton Sawyer, 246	Stacy Compton, 3,542
8. Mark Martin, 250	Chuck Brown, 221	Greg Biffle, 3,276
9. Wally Dallenbach, 239	Bobby Hill, Jr., 216	Ron Barfield, 3,227
10. Chad Little, 238	Mike Dillon, 215	Mike Bliss, 3,216

TOP TEN

■ Weekly rankings by NASCAR This Week writer Monte Dutton. Last week's ranking is in parentheses.

- (1) Jeff Gordon A momentary slump
- (2) Mark Martin Always lurking
- (4) Dale Jarrett Second is not enough
- (3) Rusty Wallace Just 10th at The Rock
- (5) Jeff Burton Led the most laps
- (10) Mike Skinner No. 1 in points
- (6) Bobby Labonte Third ain't bad
- (8) Jeremy Mayfield Not much history at NCS
- (7) Dale Earnhardt Too familiar
- (NR) Ken Schrader Surprising third in points

1999 WINSTON CUP SCHEDULE

Date	Track	Location
March 7	Las Vegas Motor Speedway	Las Vegas, Nev.
March 14	Atlanta Motor Speedway	Hampton, Ga.
March 21	Darlington Raceway	Darlington, S.C.
March 28	Texas Motor Speedway	Fort Worth, Texas
April 11	Bristol Motor Speedway	Bristol, Tenn.
April 18	Martinsville Speedway	Martinsville, Va.
April 25	Talladega Superspeedway	Talladega, Ala.
May 2	California Speedway	Fontana, Calif.
May 15	Richmond International Raceway	Richmond, Va.
May 22	Charlotte Motor Speedway	Concord, N.C.
May 30	Charlotte Motor Speedway	Concord, N.C.
June 6	Dover Downs International Speedway	Dover, Del.
June 13	Michigan Speedway	Brooklyn, Mich.
June 20	Pocono Raceway	Long Pond, Pa.
June 27	Sears Point Raceway	Sonoma, Calif.
July 3	Daytona International Speedway	Daytona Beach, Fla.

* All-star event

FROM LAST WEEK

WINSTON CUP SERIES

With Jeff Gordon sidelined, superiority passed to Mark Martin, who won seven times last season and finished second in the points race. Martin led the final 36 laps to claim the second North Carolina Speedway victory of his career.

Dale Jarrett made his traditional charge to second, taking the position for the sixth time in his last seven Rockingham starts.

Four of the top-five finishers drove Fords. For a surprise finish, one had to go all the way to eighth, where Geoff Bodine finished in a relatively unfamiliar black Chevy.

BUSCH GRAND NATIONAL

Jeff Burton and Mark Martin are not only teammates but fast friends, and apparently Martin's mastery of North Carolina Speedway has rubbed off on Burton.

Martin had to play second fiddle on Saturday to Burton, who withstood Martin's late-race charge in the Alltel 200, a prelude to the Winston Cup race at the Sandhills track. After the season-opening race at Daytona was completely dominated by GM products, the Roush Racing 1-2 finish enabled Fords to even the score in NASCAR's second-string series.

FUD OF THE WEEK

Mike Skinner vs. Dale Earnhardt

Skinner and his crew chief, Larry McReynolds, both went public with their frustration at getting no Daytona help from teammate Earnhardt. Clearly this is the source of some friction in the Richard Childress Racing camp.

NASCAR This Week's Monte Dutton gives his opinion: "Earnhardt seems to think it is Skinner's task to help him win races. Skinner thinks it is a two-way street, and that he has as much right to lead a race as Earnhardt. Adding to this tiff is the fact that, week in and week out, Skinner seems to have the faster car."

AROUND THE GARAGE

Wallace: Allowing Gordon to pass avoided Daytona crash

By Monte Dutton
NASCAR This Week
ROCKINGHAM, N.C. — Much continues to be made of the pass Jeff Gordon made on Rusty Wallace with 11 laps remaining in the Daytona 500.

The latest take is Wallace allowed the aggressive maneuver — he drove all the way to the 2.5-mile track's apex — in the interest of safety.

"I just didn't block him off," said Wallace. "I thought I had him blocked off, and he just kept going there and I said, 'Man, I'm not going to wreck a bunch of cars.' So I pulled up and he got me. I thought he was going to drive right into the back of (Ricky) Rudd (in a

slower car wrecked earlier). I said, 'Man, there's fixing to be a big wreck, and I'm not going to wreck a bunch of cars and get somebody hurt,' and that's what would have happened."

Advised Wallace's crew chief, Robin Pemberton: "Some other driver might have forced that issue, and it wouldn't have been a pretty sight. It would have been a big time crash, and it would have probably been 'lights out' for somebody. I don't think Rusty would like taking somebody out like that weighing on his conscience for the rest of his life."

NASCAR FINES: Four crew

chiefs received stiff fines from NASCAR last week for technical violations in Daytona. The fined crew chiefs and the drivers they assist were Newt Moore (Robert Pressley, \$5,000 for unapproved brake rotors; Greg Conners (Mike Wallace), \$3,000 for a non-magnetic drivetrain; and Joe Garone (Bill Elliott) and Wayne Come (Dick Trickle), \$2,000 each for unapproved exhaust pipes.

NOT ROBERT, HIS BROTHER: Charley Pressley, whose brother Robert is a Cup driver, has been fired from his position as crew chief for Bobby Hamilton at Morgan-McClure Motorsports.

Michael Waltrip refocused on nabbing his first trip to victory lane

By Monte Dutton

NASCAR This Week

More than any other Winston Cup driver, Michael Waltrip is haunted by victory, or rather the absence of one.

Waltrip, whose brother Darrell has 84 wins, is a big fat zero in 395 starts. His spirits rose only marginally at Daytona, where he finished fifth. It was his first top-five finish since Talladega in April 1996.

"It'll take a win," he said. "I started this season before the Day-

tona 500 thinking this could be my last season. I've got a great team, a great sponsor, and if I don't run well, I might not be able to get a quality ride next year."

"I gotta win. I'll never feel like I'm accepted, like I'm solid or stable, until that happens."

Waltrip went through a stage of bitterness in which he resented the questions stemming from his inability to win. It seemed to some his 1996 victory in the Winston all-star

race, an incredible upset but still unofficial, had been a hindrance, not a help, to his career. Like his brother, Michael has a way with words, the instincts of a stand-up comic and a personality capable of weathering hard times.

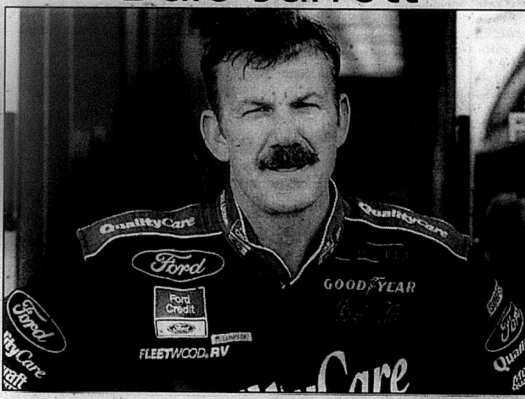
Now he realizes the questions are "part of it. There's things people go through in their job every day. You could look at it as a hassle. You folks (the press) have a job to do. You have to ask questions. I'm gonna hear it,

and I'm OK with that."

"In the early '90s, I almost won a couple of races and sat on a couple of poles. I really thought I was on the verge. It got away from me. I went from close to kind of getting away from it. Now I feel like I'm close again, and that's an exciting thing. When I started with the Wood Brothers in 1996, I felt the same way, and at the start, we did go good. For some reason, we let that slip away. I'm back up. I'm pumped again."

PROFILE

Dale Jarrett



John Clark/NASCAR This Week

Dale Jarrett says he has a "great race team" that's determined to win.

By Monte Dutton

NASCAR This Week

Dale Jarrett is one second-generation racer who earned his way up every step on the ladder to Winston Cup success.

The son of two-time champion Ned Jarrett, Dale has made 324 career starts in the Busch Grand National series, the second most ever, and has won 11 BGN races.

He won his first Winston Cup race on Aug. 18, 1991, at Michigan, driving for the Wood Brothers. At the time, he was 35 years old, the same age at which his father retired.

HOMETOWN: Born in Newton, N.C., lives in Hickory, N.C.

AGE: 42

WIFE: Kelley

CHILDREN: Jason (23), Natalie (10), Kevin (8), Zachary (4)

CAR: No. 88 Quality Care/Ford Credit

Taurus, owned by Robert Yates

RECORD: 357 starts, 7 poles, 18 wins, 91 top-five finishes, 139 top-10s, more than \$15.5 million in earnings.

FIRSTS: Start (April 29, 1984, at Martinsville), pole (Feb. 11, 1995, at Daytona), win (Aug. 18, 1991, at Michigan).

DID A DISAPPOINTING DAYTONA 500 MAKE YOU MORE DETERMINED? "Yeah, I

think we had that determination before, but we definitely are very determined now. We're not going to let that get us down. The guys aren't down. I was at the shop (last week) talking to them and everybody was upbeat. We've got such a great race team; I mean they were all calling Sunday night and Monday (after a Daytona crash) making sure I was all right. That's how good of a program we have and how good the people are at Robert Yates Racing. That's what will make the difference between this year is out."

DID ROCKINGHAM SEPARATE THE HAVES AND HAVE-NOTS? "It separates the teams, definitely. This is where you find out who has been working over the winter and whose programs are really on top. That's not to take away from anything that anybody accomplished at Daytona because you have to do a lot there, but when you get to these places, handling comes in — how good of a guy you have with the aerodynamics on the car to get the downforce that you need. With the bigger spoilers now, that took a lot of that out. That was something that's going to help a lot of people. It's probably going to make for better racing, particularly ... at Rockingham and Darlington where the tires go away so quickly. Now that we have the spoiler back on the car, it's going to make for good racing."

Your Turn

Letters From Our Readers

Dear NASCAR This Week,

I have the address of Matt Kenseth's fan club that Joel Baston of Kershaw, S.C., inquired about.

Matt Kenseth Fan Club
10 Water Street-Rockdale
Cambridge, Wis. 53523

The writers seem to be building up Ironhead (Dale Earnhardt Jr.) as the greatest thing since grits.

Didn't anyone watch Kenseth in last season's Busch series?

If he gets good equipment, he'll be as good or better for years to come.

Dick Lundt
Helenville, Wis.

Thanks for the information.

Dear NASCAR This Week,

How many consecutive seasons has Ricky Rudd won at least one Winston Cup race?

Ann Wood
Bedford, Va.

Rudd's streak is 16 seasons (1983-98) entering 1999.

Dear NASCAR This Week,

I have been a race-car fan for many years. I am 74 years old.

I have wondered for years why can't they have a driver's name across the number, instead of on top of the car.

I don't think it would mess the number up. To me, I think it would look nice. It would be a change.

Tom Jordan
Walbridge, Ohio

In the 1960s and 1970s, a driver's name was frequently placed on the side of the car, above the number.

Placing it on the side of the roof has become increasingly popular in recent years, but occasionally it is still placed on the side. If the name were placed across the number itself, it might make the number more difficult to read.

FROM THE ARCHIVES

Dale Jarrett will be going for his third straight victory in the TransSouth Financial 400, which would match a record held by David Pearson, Darlington Raceway's all-time leader in victories with 10. Pearson won Darlington's spring race in 1972, 1973 and 1974, each time driving the No. 21 Mercury fielded by the Wood Brothers. When Pearson won his third in a row, Jarrett was 17 years old.

Trackside Trivia

- Who wore the "Hat of the Week" on ESPN telecasts?
- Who was the first commissioner of NASCAR?
- Who was the first stock car driver to win more than \$200,000 in a season?

1. Benny Parsons; 2. E.C. "Cannonball" Baker; 3. David Pearson in 1969.

ANSWERS

Who's Hot... Who's Not

- HOT: Holy cow! Mike Skinner led the Winston Cup points.

- NOT: Buckshot Jones' rookie-of-the-year bid is in ruins. He has yet to make a starting field.



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Kathryn E. Cunningham/Canal Point Elem Academic Achievers - 2nd nine weeks

Students with an asterisk beside of name had all Hs, Es or As

Kindergarten

La'Ciera Reddick
Laquita Holmes
Ralph Kennedy
Darius Pendergrass
Jorge Lanza*
LaPorsche Murph*
Jose Paniagua*
Demetria Ross*
La'quoisha Wright*

First Grade

Daniel Fonseca*
Frankreka Washington
Daniella Fonseca*
Mikerra Jenkins
Lissette Acquirre
Ducien Mitchell
LaJuanie Carter
Jannet Gomez
Vernnetrice Holmes
Ricardo Jimenez
Shirkara Lammons
KeJuane Porter
Shaun Robertson
Stephanie Rodriguez

Second Grade

Lavoski Butler
Michael Barnes
Aerian Butler
Mayra Chavez*
Yvette Contreras
Andrea Edwards
Eric Lawson
Terisha Martin
Tynisha Polk
Mikerrina Woodfolk
Tukarnia Alexander
Mikilriya Hale
Rosa Hernandez
Willie Hickman
Demetrius Phillips

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Patricia Sulzer
Crystal Lopez
Bailey Peaden
Isaiah Pugh
Lykeria Ross

Third Grade

Juan Fonseca
Larry Butler
Artis Ford
Oralia Hernandez*
Jonathan Rodgers*

Fourth Grade

Isabel Fonseca
Monteria Graham
Alex Haro
Rodney Holmes
Patricia Kelly
George Larios
Ricky Rojas
Adrian Romo
Cecilia Saucedo
Johnnie Smith
Brittany Brown
Denesia Hall
Saraneka Love
Antriana Burris*
Samantha McWilliams*
Argelia Calvillo
Ricardo Cortez
Wadi Kohok
Jentri Williams

Fifth Grade

Rashad Jones
Henry Butler
Antonisha Ellington
Charquanza Felton
Jakeshia Gilmore
Derry Hanford
Javaris Harris
Alvin Hill
Rodney Young
Ivy Ortiz
Vincent Cheves
Christopher Dixon
Lizbeth Hernandez
Daniel Jimenex
Whitney Moore
Romina Torbilio

Sixth Grade

Jessica Delacruz
Michelle Ruiz
Diego Cortez
Isabel Hernandez
Tiffany Simpson
Nataasha Blake
Norma Dehart
Jermain Hanks
Jesus Rodriguez
Lafeira Saulberry
April White

Palm Beach Community College announces fall term graduates

Palm Beach Community College awarded degrees to 570 students at fall term commencement exercises held Dec. 18 at the Florida Atlantic University gymnasium in Boca Raton.

Local graduates are:

Belle Glade

Marie M. Altidor
Cynthia K. Hood
Marlene Marin
Daniel Mondragon
Adrian Karlof Reynolds
Vicky Ann Sizemore

Canal Point

Maryuri Delosange Rojas

Clewiston

Julie Lynn Conley
Denise Marie McGlothlin
Catisia Denise Williams

Pahokee

Felicia Yvette Harrison
Veronica Rodriguez

South Bay

Yolanda Rodriguez

WBGF to air Marlin games

WBGF - Big DAWG 93.5 will broadcast preseason and regular season Florida Marlins and New York Yankee baseball games. The kick off for the season will be on Friday, March 4 at 1:05 p.m. The Marlins will use the Spacecast Stadium for Spring training.

The Yankees split a schedule with the Marlins beginning Saturday, March 6. Their season opener is Saturday, March 6 at 1:15 p.m. against the Boston Red Sox.

WBGF also sports features on baseball, NASCAR and the Winston Series.



School's Student Council and Chorus presented residents of the a Palm Haven Assisted Living Facility with Valentine cards and boxes of candy. Pictured are Mrs. Watson, Rosenwald's music teacher, student council and chorus members and several Palm Haven residents.

Lake Shore Middle School Honor Roll - 2nd nine weeks

Lake Shore Middle School's Honor Roll for the 2nd nine weeks were:

All A's List

Sixth Grade
Brittney Dukes
Javonte Mottley
Shalanda O'Neal

Seventh Grade

John Destin
Rennette Fortune
Rickeysa Godfrey
Jean Lestage
Estrellita Rrenders

Eighth Grade

Hanoy Estrada
Myra Flores
Jaquandria Humphries
Kathie-Ann Lee
Diandra Rivers
David Sanchez
Garilynn Sincere
Lasharonte Williams

All A's & B's List

Sixth Grade
Cristobal Acosta
Yonique Bell
Ontario Blackmon
Maricio Casteneda

Gabriela Chavez

Frekeshia Davis
Silvia Flores
Danielle Griddin
Jose Gutierrez
Lyshawana Jerningan

Josiah Johnson

Roneisha King
Yolanda Lee
Ricika Mann
Victoria Mata

Gertrudis Mercedes

Genieka Morris
Alex Octobre
Maria Prieto
Antoinette Smith
Markevius Smith

Mackosha Sparkman

Fedner Thelemaque
Lynquetta Thelemaque
Felicia Turner
Mary Walker
Roderick Wilkerson

Seventh Grade

Lequanda Beckford
Olicia Browning
Victor Butts
Samuel Cesaire
Terrelle Collins
Melinda Combrie
Albert Dukes
Lontay Finney

Francis Flores

LaToya Gayle
Omar Haugabook

Derek Key

Sandy Laborde
David Lane
Michael Lee
Alvinaka Mayes
Herkena McCoy
Juleisy Mederos
Trevonna Moodie
Danielle Moore
Charles Moore
Irene Morales
Rodrigo Navarrete
Latarsha Pearson
Tracy Pugh
Joyce Rhoden
Cristobal Rivera
Quithisa Sanford
Medlyne Stfort
Chiquita Thornton
Timothy Vaughn
Delroy Walker
Tiffany Williams

Eighth Grade

Warren Adderley
Walker Adonis
Lakesha Aime
Dane Angram
Thevenise Auguste
Angela Baltazar
Wiley Battle
Lasharivea Bennett
Marquita Bonilla
Maslyne Bordenave
Joseph Bryant
Irene Bunting
Lamarus Burden
Anthony Butler
Dianleo Frazer
Widelyne Gabriel
Leatrice Hall
Takeila Harper
Jartrinton Howard
Dekevis Hubbard
Lashundra Huson
Liseal Hunter
Bonique Ivory
Eline Jean
Suzelade Joseph
Joshue Kelting
Jeremiah Lennon
Carla Lewis
Jasmine Marshall
Sheena McClain
Jolita Midgett
Miguel Pierre
Rocky Roque
Timothy Sims
Bertha Smith
Rounisha Smith
Priscilla Staker
Abel Thermidor
Sheronda Tucker
Lashundra Willis
Ala' Zayyad

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EOE

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Clown school coming to Good Shepherd Church of God

Keith Stokes "Toby the Clown" will be holding a clown school at the Good Shepherd Church of God, Feb. 26 through Feb. 28.

Keith "Toby" Stokes has been clowning for over 25 years and began clowning for patients at the Lake Placid Hospital early on in his clowning career. He expanded his work as a caring clown to include two nursing homes and six day-care centers.

He was clowning five to six times a week. When he had a heart attack and had to have bypass surgery, he came to realize the necessity of teaching clowning to others.

"I realized that to perpetuate

what I had started, I should teach others," he said.

He asked his local hospital if he could start a clown school at the hospital to teach clowning. Since the school started, it has been very successful and his classes are always full.

The school coming to the church will be open to all interested in becoming a Christian Clown. Those who are now part of Pastor David's clowns will have priority to be part of the class, but any openings can be filled on a first come, first served basis.

The time of the school will be Friday, Feb. 26 from 4 p.m. until 9 p.m., Saturday from 9 a.m. until 6 p.m. and Sunday

from 1 p.m. until 5 p.m.

The cost of the school will be \$30 per person. Those on the clown team who work at the Grassy Water's Festival can help defer their enrollment cost. Monies will be divided by those working to help them pay for this school.

If anyone is interested in sponsoring a child to go to the school, please contact Pastor David.

So far, 10 children and two adults are going through the 19 hour Clown College which upon completion will be going to nursing homes to entertain residents.

For more information on the clown school call 924-7284.



Five Russian Exchange students introduced themselves to the Pahokee City Commission during the Tuesday night meeting and gave the commissioners and audience a brief description of their country. Pahokee High School teacher Christina McEntire said the students will remain in Pahokee for a few weeks and then students from Pahokee will visit their country.

ELECTION/FROM PAGE 1

hall with fresh new ideas for the future of the city.

"Actions speak louder than words and around here that is all we have heard lately, words," Mr. Wilson said. "Things are going to happen in this city and I want to be a part of it."

Mr. Wilson said he also wants to cut the red tape that it takes to get to your city commissioners.

"If I am elected to this office, I will make myself available to every resident. I am tired of a lot of talk and no action."

The election for the group 2 seat, which pays \$3,774 a year, will be held on Tuesday, March 9.

So far Mr. Wilson has raised \$337.12.

Incumbent Basil Anderson, 57, will face Esther Berry in the March election for his Group 1 seat on the city commission.

Mr. Anderson has been a South Bay City Commissioner for the past 12 years and has never faced opposition for his seat, until now.

Mr. Anderson resides at 260 SW 5th Ave. in South Bay and will be serving his sixth term this year, if reelected. He works as a chemist for U. S. Sugar, Bryant Sugar House.

Referring to the progress he has seen in the city over the last several years, he said, "We have not accomplished all we have set out to do. We've made strides, but we still haven't made our set goals."

Mr. Anderson said in the past, economic development has been hampered by the lack of land for expansion, but the city has now acquired the Brady property which will allow the needed businesses into the city.

The land is located north of the city and has been used to lure new business to the city as well as provide 40 acres of single family homes to residents. Twenty acres will be used for what he calls a passive park, somewhere you can go to just sit and relax.

One thing he is very proud of is the success of the RV park. "Many said the park would never be full or that people would not stop and camp there," said Mr. Anderson. "We are actually turning people away because we don't have space for them."

Anderson said the city has nearly \$1 million in grant development money for the project, but officials want to be careful in selecting business for the site.

"We've had many offers, but we are trying not to go too fast. We want to do what's best for the city and some of the offers were not in the city's best interest," said Mr. Anderson. "We don't want to make any mistakes here."

Mr. Anderson said the biggest criteria in getting a business to come to South Bay is for them to employ a lot of people.

"If we can provide the necessary jobs for residents they can provide the things they need for their families," said Mr. Anderson.

Mr. Anderson said since his

election to the commission he has seen great improvements to the city.

"We have seen improvements to the park, boat ramp the public safety department and cleaning up the city," said Mr. Anderson. "I want to continue to be a part of making the city the best it can be."

During his term in office Mr. Anderson said the budget has increased seven times over due to the revenue from the prison.

"I want to continue to aggressively seek new businesses into South Bay," said Mr. Anderson.

Mr. Anderson has collected \$419.74 in campaign contributions.

Esther Berry wants the residents of South Bay to know her vision for the Glades community is for the city to be the economic mecca of Palm Beach County for the year 2000.

Mrs. Berry, 52, of 210 SW 12th St., will face incumbent Basil Anderson for the Group 1 seat of the city commission during the March 9 race.

Mrs. Berry, an assistant professor at Palm Beach Community College in Belle Glade, holds an Ed.D. from Howard University in Washington, D.C., a Master's degree from George Peabody College for Teachers (now Vanderbilt University), and a Bachelor's degree from Bethune Cookman College.

She returned home in 1995 to apply her skills to address the challenges that confront the Glades community. She resides in South Bay with her 84 year old mother in a house built by her father.

Mrs. Berry is a former South Bay City Commissioner and was a member of the Planning and Zoning Board.

She is a board chair of EDGE (Enterprise Development for Glades Entrepreneurs, Inc. and has helped promote the

development of small businesses in the Glades as a viable economic base.

During her tenure, the center has been awarded five loans, including 70 percent from the Business Loan Fund of Palm Beach and 30 percent from local lenders, to create small businesses.

Ms. Berry has been a strong advocate for comprehensive and accessible health care services for the Glades community. As a member of the Governing Board of Glades General Hospital and a member of the Western County Mental Health Board, she encourages the building of a community network of health care providers.

"As a community, we must assume greater responsibility for our own destiny, for our neighborhoods, our schools and our children, because our children are our future," Mrs. Berry said.

Working with the Rosenwald Elementary School Advisory Council as its co-chair, Mrs. Berry has stressed the need for families and schools to work together, sharing the responsibility of educating local children.

She has also participated in the Vision to Action strategic planning sessions, urging consensus-building to address the critical issues in the communities.

"Economic development in the Glades must be a partnership between business and people," said Mrs. Berry. "Unless we work together, we simply can't make it happen."

The South Bay City Commission election will be held on Tuesday, March 9. City Commissioners are paid \$3,774 per year.

So far Mrs. Berry has collected \$865 in campaign contributions.

ORDINANCE/FROM 1

and you're hearing complaints, what about building a fence?"

Other residents said they didn't want to have to build a fence and as long as they kept their trucks running and their yards maintained, they felt they should be left alone to make a living for their families.

"We're not like Wellington," said Shirley Evans. "This is a farming town. This town runs on buses and trucks. Where are you going to put them if you confiscate them?"

One man said he has lived in Belle Glade since 1954 and has been operating trucks for many years.

"I make a living with my hands. I don't sell drugs. I'm 54 years old. What else am I going to do? I provide jobs for others."

Mr. Throop said another meeting will be called in March to further discuss the issue.

Mrs. Evans said, "We want this resolved as soon as possible, before summer when nobody's here."

Another man said, "We just want to make and living and we want you all to leave us alone. If trucks are on person property, leave them alone."



Max Herner, math teacher at Belle Glade's Eagle Academy spoke to Belle Glade Rotarians recently about how successful the Academy has been.

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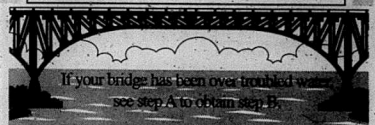
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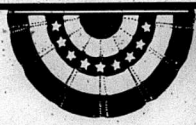
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Remon Palomino - Pastor

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Obituaries

Week of February 25, 1999

Muriel Joys Myers, 93, of Belle Glade and formerly of Kirkin, Indiana died on Feb. 21. She was born October 12, 1905 to James P. and Oliver Myrtle Ooley in Owen County, Indiana and graduated from Spencer High School in 1921.

She was married to Rowe B. Myers on August 5, 1931. He preceded her in death in January, 1998.

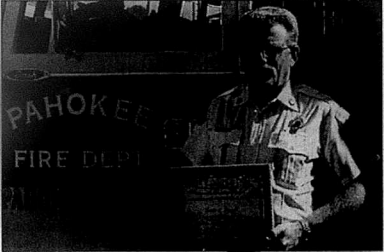
She was a member of Phi Beta Kappa and graduated with highest distinction. She received a Master's degree from Purdue University in 1962. She taught math for 36 years, finishing her career at Clinton Central High School. She belonged to the State Retired Teachers' Association.

Mrs. Myers was a member of the American Legion Auxiliary and the Everglades Presbyterian Church in Belle Glade where she played piano and organ for a number of years. She also held dual membership in the Kirkin and Pahokee chapters of the Eastern Star.

Surviving are daughter, Rosemary Buchanan and son-in-law Kenneth Buchanan, granddaughter Beth Lynn Buchanan of Belle Glade and several nieces and nephews. Two sisters and a brother preceded her in death.

In lieu of flowers, donations may be made in her name to the Kirkin Presbyterian Church in Kirkin, Indiana or to a favorite charity.

The Glades Funeral Chapel and Goodwin Funeral Home were in charge of arrangements. Services and burial were held in Indiana.



This is Pahokee Firefighter of the Year, fire inspector Eddie Boswell. He was incorrectly identified on the Pahokee Chamber/Main Street Awards page which ran in *The Sun* two weeks ago. Mr. Boswell has worked for Pahokee Fire Rescue since 1986. He inspects over 1,000 commercial businesses for fire code safety regulations a year for the city. Mr. Boswell moved to Pahokee in 1970. He is a certified firefighter and fire inspector as well as a certified EMT.

Belle Glade students jumping for a good cause

Students at Glades Day School will put their energy and jumping ability to good use on Friday, Feb. 26, when they participate in the annual American Heart Association Jump Rope For Heart event.

"While they're having fun, these young people will be raising funds for the American Heart Association's (AHA) fight against heart disease and stroke, the nation's leading killers," says Joanna Boynton, president of the board of the American Heart Associations Palms West division.

The funds will go toward research into the prevention, detection and treatment of heart attack and stroke as well as educational and community programs.

Last year the American Heart Association spent \$107.5 million for research and about \$159 million to teach people how to avoid or live with cardiovascular diseases.

"Over the years, AHA-funded researchers have helped develop CPR, bypass surgery, pacemakers, artificial heart valves, microsurgery and life-extending drugs," says Ms. Boynton. "But research only pays off if the knowledge it produces reaches healthcare professionals and their patients, or if healthy Americans learn what they can do to prevent heart disease and stroke. That's why the American Heart Association's target millions every year."



We hope that the love you'll share last an eternity.

From Your Daughters: Gaby & Ariana Rodriguez

Military News

Navy Seaman Recruit Emmanuel Africain, son of Jean G. Africain and Marie A. Francois of Belle Glade and recently completed US Navy basic training at Recruit Training Command in Great Lakes, Illinois.

During the eight-week program, Africain completed a variety of training which included classroom study and practical instruction on naval customs, first aid, fire fighting, water safety and survival and shipboard and aircraft safety. An emphasis is also placed on physical fitness.

Africain and other recruits also received instruction on the Navy's core values - honor, courage and commitment - and how to apply them in their military performance and personal conduct. Africain joins 55,000 men and women who will enter the Navy this year from all over the country.

Men and women train together from their first day in the Navy just as they do aboard ships and at shore commands around the world. To reinforce the team concept, Africain and other recruits also were trained in preventing sexual harassment and ensuring equal opportunity.

Even as the naval service gets smaller over the next few years, highly motivated young people like Africain are still finding an opportunity to improve their knowledge and education as they become part of the most highly technical naval force in history. This year alone the Navy will have more than 57,000 job openings and opportunities which include guaranteed training.

He is an 1998 graduate of Somerville High School of Somerville, Mass.

Navy Seaman Rodney L. Davis, son of Rodney L. Davis and Antonette Miles of Belle Glade recently completed a seven-month deployment to Naval Station Roosevelt Roads, Puerto Rico, while assigned to U.S. Naval Mobile Construction Battalion SEVEN (NMCB-7), home based at Gulfport, Miss.

During the deployment, Davis' unit acted as the area's alert battalion, lending forward presence and providing construction support to the region. Davis and fellow Sailors assisted in the clean-up efforts after the damage caused by Hurricane George in Puerto Rico. Elements of the battalion were later detached to the Honduras to assist in the relief and recovery efforts necessitated after the massive destruction caused from Hurricane Mitch. In the Honduras, Davis' unit performed engineer reconnaissance, repaired roads and bridges, cleared debris and constructed base camps for the influx of military people supporting relief efforts.

While deployed, Davis' command had the opportunity to visit Cuba, the Dominican Republic, Honduras and Puerto Rico.

Since their inception shortly after the bombing of Pearl Harbor, construction battalions have been deployed around the world to provide humanitarian assistance and build refuges for thousands of fighting forces. Seabees are trained in bridge building, steel work, various construction and heavy equipment usage. In addition, they possess knowledge of combat, heavy weapons use and perimeter security tactics, necessary skills used to defend their positions.

The 1996 graduate of Glades Central High School joined the Navy in July 1996.



Richard Butler was recently presented with a 30 years of service pin from the United States Postal Service by Brenda Baker, officer in charge of the Pahokee Post Office.

Rick has served the community of Pahokee as a letter carrier since August 1979.

He began his career with the postal service in January 1969.



Rosenwald Elementary students were among the 2,000 Palm Beach County students who experienced their own version of Grammy magic when Bob Lappin and the Palm Beach Pops brought a little taste of culture to their school. The program is part of the Grammy Concert Series for Children, which was developed by the National Academy of Recording Arts and Sciences (NARAS).

The curriculum is a comprehensive classroom and concert program that targets underprivileged children in third through fifth grades.

The Palm Beach program is the only program in the country this year. In this inaugural season, the Palm Beach Pops will present a series of four concerts each at Rosenwald Elementary in South Bay and Pioneer Park Elementary in Belle Glade.

The concerts will take place within the next eight weeks.

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\$14,399

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AM/FM, AUTO, A/C, 7 PASSENGER

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AUTO, A/C, AM/FM CASS. & MUCH MORE!

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PURCHASE OUR COMMERCIAL CARGO VAN & ARRIGO GIVES YOU THE CONVERSION FOR 98 DOLLARS!

FULLY TRIMMED & PREPARED FOR VCP 44" COLOR TV & 4 CPTL CHAIRS & SOFA BED & BUILT IN CUP HOLDERS & QUICK RELEASE CENTER CPTL CHAIRS & PLEATED SHADES & VISTA BAY WINDOWS & MOLDDED RUNNING BOARDS & VINYL GRAPHICS & SCOTCH GUARDED FABRIC & CARPETING & CARGO NET & A/C & 4 WHEEL ABS & AIR BAGS & 1700 HOURS & COURSE & TILT & AM/FM CASS. WITH 8 SPEAKERS & ENGINE COVER CONSOLE WITH CUP HOLDERS & MUCH MUCH MORE!

NEW '99 CONVERSIONS FROM

\$17,999

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'99 DAKOTA SPORT PKG.

V-6, A/C, & MUCH MORE!

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V-6, A/C, PW/AL, TLT, CRUISE, AM/FM

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3.0L V-6, A/C, 7 PASS, AUTO O/D TRANS., & MUCH MORE!

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'98 VIPERS ARE HERE!



MSRP \$72,700

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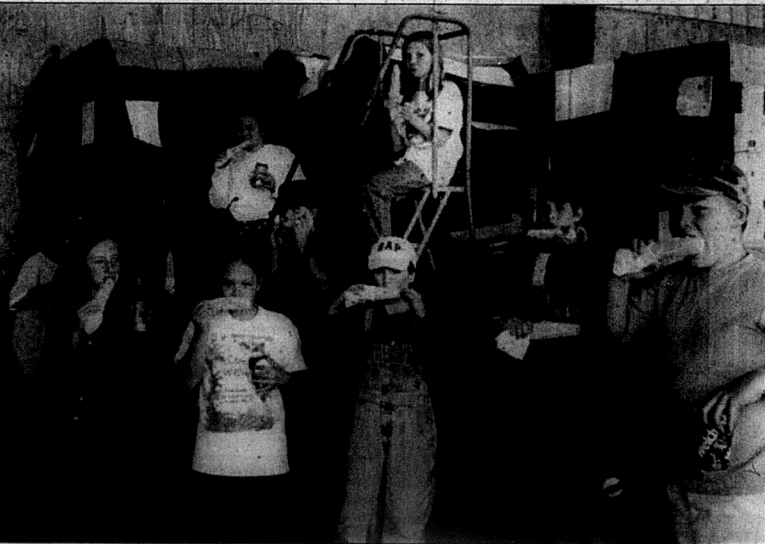
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PERLEZ VOUS FRANCAIS
& CREOLE



What do you get when you add 225 fifth grade science students and five buses? If you said pandemonium on wheels you were only partially right. Rick Roth of Roth Farms, Inc. found out recently when he and Tom Shueneman from the Palm Beach County Extension Service served as tour guides for Mr. Jim Wallace, a 5th grade science teacher from Wellington Elementary and his entire science class on a farm tour of Roth Farms.

Of course this was not all in a day. Mr. Roth, State Director for Florida Farm Bureau and local director of Western Palm Beach County Farm Bureau, coordinated the field trip. Mr. Roth, who has been working with Wellington Elementary for several years now, has been conducting school tours as a part of the Nation Farm City Week. In Nov. Florida Farm Bureau helped out with the expense of busing students to the farm. This was done through the Florida Farm Bureau Mini Grant Program. Here the students are enjoying an ear of corn.

Glades Day Gator Tales

By Larry Garrett & Rebecca Palmer

This is the week for food. That's right: you can eat and benefit Glades Day School at the same time, starting with the Safety Patrol's Spaghetti Dinner that will take place Thursday, Feb. 25 from 4 to 7 p.m. in the school's Tripp Hall.

For \$5 per ticket, you can order a plateful of spaghetti with all of the trimmings, including a beverage and have your choice of eating in our spacious cafeteria or taking it home with you. All proceeds will go towards the Safety Patrol's trip to Washington, D.C. this spring.

For those who don't want spaghetti, Papa John's is also sponsoring a Pizza Day for Glades Day School. The specials are one large two-topping pizza for only \$16.99. The coupon is good only for Feb. 25.

And, if you wake up hungry this Saturday morning, come on over to GDS for the National Honor Society's Pancake Breakfast that will take place from 8:30 until 11:30 a.m. The breakfast will consist of pancakes, sausage, cooked apples, choice of orange juice, milk or coffee.

Tickets are \$4 each and are available from NHS and NJHS members or call the high school office at 996-6783.

Have you tuned into ESEFN and spotted some familiar faces? Don't adjust your TV, they really are from our area. The teenagers you see are Glades Day's journalism students broadcasting Gator news on segments of "Around the Lake in 60 Seconds." The commercial allows schools in the Glades area to inform the community of events that are going on.

Mrs. Angee Lochmann's Personal Law students received a first-hand view of the law when they visited the Palm Beach County Court house in Belle Glade last week. The students were able to sit in on a few court cases and learn about judicial proceedings.

Last, but not least, GDS wishes senior Donnie Scruggs the best of luck as he represents the school in the state wrestling tournament in Lakeland this week. Donnie, who had to forfeit his final match in the semifinals last weekend due to an injury, still qualified for the state competition. Good luck, Donnie!

The Sun Classifieds

The Classified ad deadline is Monday, Noon. Call Yvonne at 561-996-4404 for prices and information.

Apartments

PUBLISHERS NOTICE: All rental & real estate advertising in The Sun is subject to the Federal Fair Housing laws which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin or any intention to make such preference, limitation or discrimination." In addition, the Palm Beach County Fair Housing Ordinance prohibits discrimination based on age, marital status or sexual orientation. The Sun will not knowingly accept any advertising which is in violation of the law. All persons are hereby informed that all dwellings are available on an equal opportunity basis.

PAHOKEE MOVE-IN SPECIAL! Only \$238 moves you into a 1BR/1 S350 moves you into a 2BR/1 Parker Apartments. 924-5438 or 924-5002. tfn

Auto Sales

TRUCKS FOR SALE: Sealed bids will be accepted until 5:00 p.m., Monday, March 8, 1989, by the South Florida Conservancy District, for the following trucks: 1993 Ford Ranger, 1993 Ford F150 and 1995 Ford F150. Bidding instructions and information on vehicles available at SPDC's office located at 2852 US Highway 441, Belle Glade, Florida, Monday thru Friday, 8AM to 5PM. Phone: 996-2940. 3/4

Business Opportunities

BECOME A NOTARY. No exam required. Call now for application. 800-350-5161. FCAN. 2/25

FOR SALE: R&R STEAKHOUSE AND LOUNGE. Business and property, #1 sub franchise, locally owned and operated. Contact Century 21, Sunbelt Realty #1, Inc. 941-561-0541 or 800-809-5645, ext. 156. FBBA Member. 2/25

LOCAL CANDY ROUTE: 30 vending machines. Earn approx. \$800/day. All for \$9995. Call 800-998-VEVD. AIN #1998-040. FCAN. 2/25

SPORTS FANS: CASH IN ON merchandising, mail-order, catalogue, fundraising. Officially licensed products. Nascar, football, basketball, baseball, hockey, soccer, wrestling. Harley Davidson. Investment: \$9995. Bill Henry, 800-581-4651. AIN #1997-115. FCAN. 2/25

Employment

AIR FORCE: Great career opportunities available for high school grads, ages 17-27. Plus up to \$9000 enlistment bonus if you qualify! For information packet, call 800-423-USA or visit www.air423.com. FCAN. 2/25

ASST. BUSINESS MANAGER for CSC Pahokee, Acct., HR & mgmt. exp. a must. Call 561-924-5922 or fax resume to 561-924-5968. 2/25

AVON PRODUCTS: Start your own business. Work flexible hours. Enjoy unlimited earnings. Call toll-free, 888-942-4053. FCAN. 2/25

Assistant Restaurant Manager Immediate opening for highly motivated, responsible individual at Burger King in Lake Wales. If you are friendly, hardworking, detail-oriented and committed to providing excellent customer service, you are wanted. We will train. Fast food experience helpful. We offer competitive benefits. Salary starting at \$18,000 yearly. Send resume to Southern Management Corp., 324 SW 16th St., Belle Glade, FL 33430. ATTN: HR Director. 2/25

CHILDREN'S CASE MANAGER: Must have a Bachelor's

degree in one of the Social Sciences. Exc. writing skills and ability to quickly establish a rapport with children and their families. Salary: \$22,000. Send to: M. Ward, West County Mental Health Clinic, 1024 NW Avenue D, Belle Glade, FL 33430; FAX: 561-992-1335. 2/25

COMPUTER USERS NEEDED: Work own hours. \$20K-\$75K/yr. 800-535-2492, ext. 9013. www.amp-inc.com. FCAN. 2/25

CONSTRUCTION POSITIONS: Florida Dept. of Corrections, Glades Correctional Institution, Masonry, Carpentry, Concrete, Suspended Ceiling & Metal Studs positions open. Salary commensurate w/exp. These are OPS positions and are paid hourly with no benefits. State of Florida application required. Glades Correctional Institution, 500 Orange Avenue Circle, Belle Glade, FL 33430, 561-998-5241. Contact: Mr. Glanz, Asst. Maint. & Construction Superintendent or your nearest Job Service of Florida. EEO/AA employer. 3/4

CONTINENTAL EXPRESS needs OTR & regional drivers. Voted among the top 10 sm. carriers. Paid benefits. 90-95% no-touch freight. 800-365-1337/800-727-4374. EOE. FCAN. 2/25

DENTAL ASST. position available. Full or part time. Exp. preferred but not req'd. Please call 992-9560 or 790-5414. 3/4

DRIVER: COVENANT TRANSPORT - Coast to coast runs. Teams start 35¢-37¢. \$1000 sign-on bonus for exp. co. drivers. For experienced drivers and owner operators, call 800-441-4394. For graduate students, call 800-338-6428. FCAN. 2/25

DRIVER...SWIFT TRANSPORTATION is now hiring drivers for our new Ocala, FL

terminal. Excellent pay, complete benefits, assigned equipment, consistent miles, job stability. 800-633-4346. [eoe-m/f] FCAN. 2/25

DRIVERS: Attn. professional owner operators! No Canada, NYC & NE. Min. 23 yr. w/one yr. OTR. CDL w/HazMat. Paschall Truck Lines, 800-848-0405. FCAN. 2/25

GET PAID \$15-30/HOUR processing insurance claims for local doctors' office. Computer required. Call 800-259-6661, ext. 204. FCAN. 2/25

GLADES GENERAL HOSPITAL
The Heart of Youth Care in the Glades
1201 S. Main Street
Belle Glade, FL 33430
REGISTERED NURSES ON THE
OFFICE AND INPATIENT UNITS
NIGHT AND DAY
BILLING CLERK - Home office
NIGHT AND DAY
ELECTRICIAN - Home office
PHLEBOTOMIST - Home office
FILE CLERK - Home office
NIGHT AND DAY
MED LAB TECH - Home office
JOB LINE: 561-996-6871

GOVT POSTAL JOBS: Up to \$17.24/hour. Free application/examination information. Federal hire - full benefits. 800-598-4504, ext. 126 (SAM-6PM CST) FCAN. 2/25

GRADER: Southern Gardens Citrus Processing Corp., a subsidiary of U.S. Sugar Corp., has an immediate opening for a Grader. Food process experience strongly preferred. Ability to recognize and separate damaged fruit and debris from undamaged fruit. Requires understanding of English language in order to follow oral instructions. Requires ability to work in a team-based environment. Work overtime and weekends as required. If qualified, please apply at our Employment office located on W.C. Owen Avenue in Clewiston. U.S. Sugar Corp., Human Resources Dept., P.O. Box 1207, Clewiston, FL 33440, fax: 941-902-2889. EOE/AA. 2/25

Box 1207, Clewiston, FL 33440, fax: 941-902-2889. EOE/AA. 2/25

INSURANCE CAREER - Gen. comm. w/unlimited potent. & mgmt. opp. Ret. 401K, group ins. No exp. nec.; we will train. Est. Co., 1919. EOE. M-F. Call 561-478-5660, ask for Mike or Grace. tfn

LPN: U.S. Sugar Corp. has an immediate opening for an LPN in their Medical Dept. Must be certified LPN. Five yrs. nursing exp. preferred. If qualified, please apply at our Employment office located on W.C. Owen Avenue in Clewiston. U.S. Sugar Corp., Human Resources Dept., P.O. Box 1207, Clewiston, FL 33440, fax: 941-902-2889. EOE/AA. 2/25

MECHANIC: Southern Gardens Citrus Processing Corp., a subsidiary of U.S. Sugar Corp., has an immediate opening for a Mechanic. Requires at least two years of experience working in a similar position in a heavily mechanized production or manufacturing facility. Must be familiar with basic principles of machine design, hydraulics and pneumatics. Requires ability to accurately diagnose and repair a variety of machines including conveyors, pumps, gear boxes, mills, hydraulic and pneumatic systems. Welding ability to prior experience in a food processing facility preferred, but not required. If qualified, please apply at our Employment office located on W.C. Owen Avenue in Clewiston. U.S. Sugar Corp., Human Resources Dept., P.O. Box 1207, Clewiston, FL 33440, fax: 941-902-2889. EOE/AA. 2/25

MEDICAL BILLING: Nationwide company seeking billers. PC required, no exp. necessary. Earn \$31,050+. Call 800-262-6595. FCAN. 2/25

OFFICE CLERK NEEDED. Apply in person: Consolidated

Electric Supply, 134 SW 16th Street, Belle Glade. 2/25

OFFICE MANAGER with experience. Salary based on experience. Call Larry's A/C, 996-5537. tfn

NOW HIRING
RESTAURANT MANAGERS
• Competitive Salaries
• Health Benefits
• Vacations
• Benefits • 401K
Come join our friendly
Popeye's Team!
Call Julio Rodriguez
(561) 996-6581
POPEYE'S
OF CHICKEN & RIBS

PURCHASING ADMINISTRATOR: City of Belle Glade, Starting salary DOQ. Requires undergraduate degree in Business Administration or related field; five yrs. exp. as Purchasing Manager/Asst. Mgr.; government purchasing preferred; CPM or GPO preferred; or equivalent combination of training and experience. Send resume to: Human Resources, City of Belle Glade, Municipal Complex, Belle Glade, FL 33430-3997. 3/4

RECREATION COORDINATOR: New Hope Charities, Inc., in Pahokee, is currently seeking a Recreation Coordinator/Counselor. CDL license is required. Good schedule and benefits. Send or bring resume to: New Hope Charities, Inc., Family Center, 7450 State Road 15, US 441, Pahokee, FL 33476. Attn: Mr. Guillermo Rivera. 3/11

RECREATION STAFF: four parttime positions. Pahokee Youth Development Center is currently looking for four parttime recreation staff to work approximately 25 hours a week. Qualifications: a bachelor's degree in Physical

The Sun Classifieds

Education or Recreation. Will consider two years of college with experience working in recreation programs. Interested applicants, AFA, of Programs at Melvin Williams, 561-924-5922, ext. 302. 2/25

TIRED OF WORKING AROUND THE CLOCK? SUNDAYS & HOLIDAYS?

Rent-A-Center is looking for full-time applicants who can be successful in a fast-paced, customer service-oriented environment.

STARTING MANAGEMENT SALARY IS \$25-30K

WE OFFER GENEROUS BENEFITS AND EXCELLENT OPPORTUNITIES FOR ADVANCEMENT.

Fax resume to 561-618-9684, or apply in person at your local RENT-A-CENTER.

SECURITY OFFICERS needed. Gatehouse positions available. 87 "D" positions & 88 "G" positions. Excellent benefits. Immediate opening for PT weekend work. Call now, 800-357-0772. tfn

SOUTH BAY CORRECTIONAL FACILITY is seeking:
• Registered Nurse (evening) Substance Abuse Director
• salary + benefits!! Fax resume to: 561-992-9551 or contact Personnel, 561-992-9505. EOE, M/F/H/V 3/4

THE O'SAY CHILD DEVELOPMENT CENTER is accepting applications for the following positions:

Teacher
Teacher Assistant
30 hour childcare certificate or CDA credential required at time of application. If interested, please send a letter of resume and the certificate(s) listed above no later than Sunday, February 28, 1999 to: O'Say Child Development Center, P.O. Box 574, Pahokee, FL 33476. 2/25

TRUCK DRIVER TRAINEES NEEDED! Covenant Transport has immediate openings for entry level drivers. Earn 37-42K. No experience needed!! Training available through TDI. 800-435-5593. FCAN. 2/25

UTILITY CLERK: The City of Pahokee has an opening for a clerk in the Utility Dept. Primary duties include billing and collection of the City utility bills. This is a multi-task position and requires knowledge of modern office methods, procedures and equipment and basic computer skills. Position further required an individual with good communicative skills and the ability to handle customers in a professional and courteous manner. A high school diploma, GED or other certificate of competency is required. Bilingual preferred. Must successfully pass drug screen. Applications may be picked up at: Personnel Dept., City Hall, 171 North Lake Avenue, Pahokee. Closing date is March 5, 1999. 2/25

Finance

CASH FOR YOUR real estate note. If you receive mortgage payments, call us for best price. Residential and land. Nationwide buyer. First Capital Mortgage, 800-289-4687. FCAN. 2/25

MILLIONS IN UNCLAIMED MONEY! Act fast and get your share! Available to the public for the FIRST TIME! Call

today, 800-429-3660, ext. P-129. FCAN. 2/25

WANT A VISA CARD? \$12,000+, unsecured. Bad/no credit is OK. Low fixed interest. Everyone welcome. 800-365-3499. FCAN. 2/25

Homes for Sale

2548 SW 14TH ST. PAHOKEE. 3BR/2BA, family room, fenced yard, many extras. Asking \$71,500. 924-3483. 2/25

Legal Services

DIVORCE \$150+. Covers children, property division, name change, military, missing spouse, etc. One signature required. "Excludes gov't fees, uncontested. Paperwork done for you. 800-462-2000. Budget Divorce. FCAN. 2/25

DIVORCE STARTING \$195+. 30 days, no hearing/court. Missing spouse, property, children. Bankruptcy, \$225+. Stop creditor calls. Same day reports. \$30. Local. AAA Family Centers, 800-688-3188. FCAN. 2/25

Lots for Rent

FOR RENT: TRAILER LOTS - \$130.00 per month. 996-2690. tfn

Real Estate for Sale

CABLE CONVERTERS/Descramblers. Why rent? Own & save \$\$\$! Blow away prices guaranteed to beat all competitors. One year warranty. FREE call, 888-738-8181, M-F, 9AM-6:30PM. Visa, MC, Discover, COD. FCAN. 2/25

CHURCH FURNITURE: Does your church need pews, pul-

pit set, baptistry, steeple, windows, carpet, lighting or new cushions? Big sale on new cushioned pews. 800-231-8360. FCAN. 2/25

FACTORY DIRECT POOL HEATERS: Heat pump, solar or gas. Major brands. New/used. Do it yourself or installed. Free phone quotes, 800-333-WARM/www.solaridirect.com. FCAN. 2/25

WOLFF TANNING BEDS: Tan at home. Buy DIRECT and SAVE! Commercial/home units from \$199. Low monthly payments. FREE color catalog. Call today, 800-842-1310. FCAN. 2/25

Mobile Home Sale

14X80, 3BR/2BA. Master bath with garden tub. 924-3254. 2/25

RENT TO OWN: 3/2 MOBILE home (flex upper). W/D hook up, air/heat & w/w carpet. Call Jackie, 561-683-4151, leave message w/name and phone. 3/18

Notices

AUCTION: 9.43+/- ACRES. Black Water Plantation, March 6, 10AM, Atkinson Co., GA. Premier hunting, recreational, timber preserve. Beautiful hunting lodge. 800-323-8388, Rowell Realty & Auction, Inc., GAL 701. FCAN. 2/25

FREE MONEY! Get your share of unclaimed millions! Now available to the public for the FIRST TIME! Call today, 800-429-3660, ext. P-159. FCAN. 2/25

FREE UNLIMITED full Internet service. No setup charge. Never pay monthly fee. Accessed with your local phone numbers. Call 303-271-3426 to get free starter package. FCAN. 2/25

GRAND OPENING: March 1. Flea markets, stores, auctioneers. We have pallets of store returns, closets, surplus (toys, electronics, clothing, housewares, drugstore merchandise) starting at \$150 per pallet. DSL, 3300 N. 28th Street North, St. Petersburg, 727-521-2356 or toll-free 877-855-0989. Bring this ad for 10% off purchase (one discount per customer). No checks. FCAN. 2/25

NEED CASH? Buy old coins, guns, & pocket watches. Call 561-996-9400. tfn

Pets & Supplies

FOR PENNIES MORE, get latest technology in liquid warmers. • HAPPY JACK LIQUID-VICT delivers ACTS better than older formulas. At GOLDKIST. www.happyjack-inc.com. FCAN. 2/25

Real Estate

COUNTRY LIVING: Five acres, \$27,900. Near river & springs. Paved road. North FL community. Owner financing w/easy terms. 800-294-2313.

LEGAL NOTICES

NOTICE OF ANNUAL MEETING OF LANDOWNERS OF SOUTH FLORIDA DRAINAGE DISTRICT
Notice is hereby given in accordance with the provisions of Chapter 2047, Laws of Florida, Act of 1941, a meeting of the owners of the lands within South Florida Drainage District, will be held Wednesday, March 10, 1999, at 1:30 p.m., at the office of said District in the City of Belle Glade, County of Palm Beach, State of Florida, for the purpose of electing one Supervisor for three (3) years, or until his successor shall be elected or appointed and shall have qualified, and for the purpose of transacting such other business as may come before said meeting.

Published: The Sun, February 18 & 25, 1999
Legal No. 99-34

NOTICE OF ANNUAL MEETING OF LANDOWNERS OF SOUTHERN DRAINAGE DISTRICT
Notice is hereby given that a meeting of the owners of the lands within South Shores Drainage District, will be held Wednesday, March 10, 1999, at 10:30 a.m., at the office of said District in the City of Belle Glade, County of Palm Beach, State of Florida, for the purpose of electing one Supervisor for three (3) years, or until his successor shall be elected or appointed and shall have qualified, and for the purpose of transacting such other business as may come before said meeting.

Published: The Sun, February 18 & 25, 1999
Legal No. 99-34

NOTICE OF PUBLIC AUCTION
Public notice is hereby given that Ferguson Towing will sell at public auction, free from all prior liens, the following vehicle that remained undelivered in storage with charges unpaid, pursuant to Florida Statute 713.16, to the highest bidder at 12000 Lakeshore Drive, Canal Point, FL 33408 on February 26 at 9:00 a.m.

1993 Pontiac 102N14A0P723633
Published: The Sun, February 25, 1999
Legal No. 99-36

NOTICE OF PUBLIC AUCTION
On March 12, 1999 at 10:00 a.m., a public notice will be held at 855 US 27 North in South Bay, Florida. The following vehicles will be auctioned off for charges. All sales will be cash.

1. 1982 Ford F1A8P1181C1971962
2. 1984 Toyota F7A82B27C235877
3. 1978 Blue Bird F61210
4. 1982 Chevrolet Bld F7A82B27C235877
5. 1980 Dodge M1A1C1P11823
6. 1987 Cadillac 1050W911H1974344

All of the above vehicles are currently stored at the 125 27 North location in South Bay, Florida.

Published: The Sun, February 25, 1999
Legal No. 99-36

NOTICE OF CHANGE OF MEETING DATE OF THE BOARD OF SUPERVISORS OF THE SEAWARD DRAINAGE DISTRICT
YOU ARE HEREBY NOTIFIED that the Regular Meeting of the Board of Supervisors of the Seaward Drainage District which was scheduled for Friday, March 12, 1999 at 10:00 a.m., has been changed. The Regular Meeting is now scheduled for Friday, March 5, 1999 at 10:00 a.m. at the Super Towing Corp. Atlantic Super Mill Road, Belle Glade, Florida.

The purpose of this meeting is to transact any and all business that may come before the Board. If you, person desiring to attend any meeting, are not a member of the Board, you may attend any meeting, but you may not vote at that meeting, and you may not vote a record of the proceedings, and that, for such purpose, you may need to ensure that a valid record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based.

Pursuant to the provisions of the Americans with Disabilities Act, any person requiring special accommodations to participate in a meeting, should contact the District's Secretary at 561-663-0500 at least five (5) calendar days prior to the meeting.

Published: The Sun, February 25, 1999
Legal No. 99-37

ext. 3436. A Bar Sales, Inc. FCAN. 2/25

LAND SALE: \$13,900. Lake Santa Fe. Absolutely beautiful well wooded 1 acre home site, paved road, access to 5000 acre lake. Financing. Recreation/Investment. Atlantic Land Consultants, 888-635-5263. FCAN. 2/25

MACON COUNTY GA - 68 acres. Big creek, natural timber, excellent hunting, trophy managed. \$1200/ac. 912-847-3035, owner. FCAN. 2/25

NC & TN MOUNTAIN real estate: Land, lots, farms and homes in beautiful NC & TN mountains. Climate, views and activities year-round. Abers Realty, 800-566-3373. FCAN. 2/25

SOUTHERN COLORADO RANCH SALE: 92 acres, \$59,900. Enjoy panoramic view & sensational sunsets over the Rockies from this gently rolling acreage.

w/beautiful bluff. Year-round access, telephone & electric. Ideal for horses. Excellent financing. Call now, 719-676-6367. FCAN. 2/25

Rooms for Rent

WALDESSA MOTEL: Daily/weekly rates. 890 South Main St. 996-3827. 8/12/99

Services

PRESSURE CLEANING & CARPET/VINYL INSTALLATION: Call Wayne Carter, 561-924-2453, beeper 787-0406. tfn

STEVE'S MOWING SERVICE: Lots, acreage & bush hog. Call (561)996-9527. tfn

Thank you for reading
The Sun Classifieds

BUSINESS & PROFESSIONAL SERVICES

(561) 996-4404

BELLE GLADE CHURCH OF CHRIST
125 N.W. Ave. D
Belle Glade, FL 33430
Minister: GLEN HARRIS
(561) 996-3867

Glades Computer Service
REPAIR SALES UPGRADES
Quality On-Site Service for all your computer needs.
(561) 924-2966

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REFLEXOLOGY...continued from page 3

traditional medical procedures such as x-rays and blood tests. Dr. Douglas even noted that the vision in my left eye is not completely corrected by my contact lenses. I knew that. My eye doctor had explained that soft contact lenses cannot completely correct the vision in that eye. But how did Dr. Douglas know?

To my relief, he also did not find any additional ailments I was not already aware of.

Dr. Douglas claims that CRA works. He said if there is a problem with analysis it means the doctor isn't doing it right.

A pamphlet he handed out on CRA explains, "Hundreds of miles of nerves carry electrical energy and connect with every organ, gland muscle and tissue. There are approximately 75 known reflex areas on the skin which represent various organs, glands and bone structures. It is believed that when the body becomes ill there is an interruption of nerve energy to these reflexes. The reflex, when tested, will act similar to a circuit breaker under an overload."

"To test a reflex, the doctor will use the

patient's arm muscle as a 'circuit' indicator. When the doctor's fingertip comes near or touches a healthy reflex, the arm muscle will remain very strong. Nerve energy is flowing freely. The doctor will not be able to push the patient's arm down without exerting a lot of force.

"However, if the arm muscle is suddenly weak, and the doctor can easily push the patient's arm down, a 'hot circuit breaker' had been located. The nerve energy had been interrupted. Using this reflex information, the doctor will know if the problem is structural, physical or nutritional. When the deficiencies are uncovered, an exact structural and/or nutritional support can be given to help the body heal."

I don't endorse CRA but I can't debunk it either. When it comes to non-traditional forms of medicine, I think each person should make his or her own choices. If you don't mind looking a little silly, it's certainly something to think about.

BLOOD PRESSURE...continued from page 3

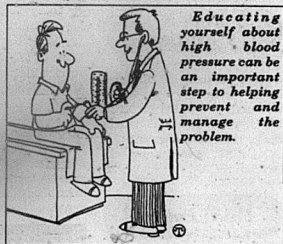
impact on America's most common chronic illness.

"When I learned that my blood pressure was higher than normal, I talked to my doctor about treatment solutions," Banks said. "Now I am managing my blood pressure through proper diet, exercise and medication. If I can do it, anybody can."

The newest class of blood pressure medications to hit the market are called angiotensin receptor blockers (ARBs). They work by inhibiting the effect of angiotensin II, a hormone that constricts blood vessels and leads to hypertension. They can help lower blood pressure without certain side effects.

The newest ARB to hit pharmacy shelves is Atacand, or candesartan, a powerful new medication for once-daily treatment of high blood pressure.

"One of the advantages of a medication like Atacand is that the overall incidence of side effects is similar to placebo. A drug like Atacand may be an improvement for patients concerned about taking high blood pressure medications because of adverse effects," said Alan Gradman, M.D., chief of



the division of cardiovascular diseases at Western Pennsylvania Hospital.

In clinical trials, about two percent of patients discontinued the drug because of side effects. The most common reasons were headache and dizziness. As with other drugs that act directly on the renin-angiotensin system, Atacand should not be used by pregnant women, and should be discontinued if pregnancy is detected.



Suffering from allergies all year long?

(NAPSA)—Winter brings about the usual signs of a cold: sneezing, nasal congestion, or a runny nose. But millions of Americans are plagued by these symptoms throughout the entire year. When these symptoms last all year they are most likely the result of perennial (year-round) allergies, not a cold.

Allergy sufferers may mistakenly assume their symptoms are the result of a cold, but the fact is that allergies can pose the same problems in the winter as they do in the spring and fall. To help educate consumers about perennial allergies, the National Allergy Bureau™ (NAB™), a program of the American Academy of Allergy, Asthma and Immunology (AAAAI), has launched a new educational campaign to raise awareness about the prevalence of indoor allergies and ways to manage symptoms.

As part of the campaign, a new nationwide survey conducted by International Communications Research revealed that 66 percent of those polled did not know what "perennial allergies" were, despite the fact that a majority of respondents (90 percent) recognized that allergies could affect people year round. Yet, almost half of respondents (49 percent) said they were unaware of what might trigger year-round symptoms.

"When people think of allergies, there is a general tendency to associate them with outdoor culprits like pollen or ragweed—environmental elements common during the spring and fall," said Robert K. Bush, M.D., Chair of the American Academy of Allergy, Asthma and Immunology's Indoor Allergen Committee. "Allergies are always 'in season.' Those who are suffering with the sneezes and sniffles all year may need to take a closer look at their indoor environments."

A quarter (26 percent) of allergy sufferer households surveyed indicated that at least one person in the home was affected by allergies year round. However, when all of the respondents (those with and

without allergies) were asked which season comes to mind when they think of allergies, 63 percent thought of spring while only seven percent said winter. But it's during the colder winter season when many Americans will spend a great deal of time indoors with the main culprits of year-round allergies: dust mites, pet dander, and molds.

"Monitoring the home environment is an important step in alleviating perennial allergies," said Dr. Bush. "Following a cleaning regimen can help eliminate the triggers, and therefore the symptoms, that make life difficult."

The best way to treat allergies is to avoid exposure to the allergens in the first place, but that's rarely possible. To significantly reduce the number of allergy triggers, the NAB recommends following these tips:

- Vacuum or sweep the floor after every meal and keep food in tight-lidded containers at all times to rid your home of cockroaches.
- Use zippered, allergen-proof covers on mattresses, pillows and box springs to reduce the amount of dust mites in your bed.
- Remove wall-to-wall carpeting to eliminate dust mites and mold.

• Do not store clothes in damp areas where mold harbors.

- Have a non-allergic family member brush your pet outside and clean out the animal's cage or litter box to reduce exposure to animal dander (dead skin flakes).
- Keep your pet out of the bedroom to eliminate animal dander in the place you spend a lot of time.

The NAB™ has established a new toll-free number, 1-877-8-ACHOO that enables callers to request a free copy of a new brochure, "Because Allergies Last All Year Long." The brochure offers important information about year-round allergies and tips on how to reduce exposure to common triggers. Callers to the number will also be able to hear different messages about coping with year-round allergies recorded by some of the country's leading

allergy experts. Allergy sufferers can also visit www.aaaai.org/NAB to learn more about allergies.

The National Allergy Bureau™ is the nation's only network created by the American Academy of Allergy, Asthma and Immunology. Since 1952, the NAB has served as an information resource to the media by releasing regular Pollen and Spore Reports. The National Allergy Bureau™ is a program of the American Academy of Allergy, Asthma and Immunology and is sponsored by an unrestricted educational grant from Pfizer Inc. and UCB Pharma, Inc.

The American Academy of Allergy, Asthma and Immunology (AAAAI) is the largest professional medical specialty organization representing allergists, clinical immunologists, allied health professionals, and other physicians with an interest in allergic disease. Established in 1943, the Academy has more than 5,700 members in the U.S., Canada and nearly 50 other countries.

EXERCISE... continued from page 3

If you exercise after work/in the evening: Take a 4:00 o'clock break to eat half an egg salad sandwich or a glass of low-fat milk and a piece of fruit.

Dr. Clark believes that understanding how food choices affect energy levels and endurance makes it much easier to maintain a daily fitness routine that will improve health and quality of life.

For more information, write for a free brochure, "Foods That Fuel: Eating Your Way to Fitness," by sending a self-addressed, stamped envelope to the American Egg Board, Department Q, Box 1214, Park Ridge, IL 60068.

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